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The Uncensored Truth

TheLIGHT

ISSUE 48 Monthly

A FREE TRUTHPAPER

www.thelightpaper.co.uk

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The world is a stage

False prophets won't stop tyranny: *YOU* are the solution

by **DARREN SMITH**

ALMOST all significant events from the last two centuries of history were engineered to create the world we see today.

And those engineered events still continue because the same organisations are still in charge, and the supposed assassination attempt on 'President-elect' Donald Trump is no exception.

It is not beyond even amateur dramatic societies to give the impression of a bleeding ear from a 'near-miss' bullet.

Our rulers convinced the world the twin towers at the World Trade Centre were destroyed by hijackers because of a surviving passport and total control of the world's media.

The public do not know or do not recall that a third tower also collapsed eight hours later, but without any plane hitting it, and famously pre-reported by the BBC by 23 minutes.

'But Trump's a threat to the ruling order!' we hear repeated often.

If that was the case, why would he warpspeed covid-19 genetic weapons? What sane aware person would do that?

Why would he appoint 'the swamp' from day one of his administration, and forget everything he had said in his campaign up until that point?

'He's definitely not as bad as the other guy,' is another retort – yes, but from whose perspective?

Donald Trump's star on the Hollywood Walk of Fame

Does it help independent businesses and working people to give even more tax breaks and support to the world's largest corporations?

The support for Nigel Farage in this country is also puzzling: while he is great on certain topics, he wanted to appoint Tony Blair as a vaccine czar. His supporters also didn't want to hear that he was there to make sure the conservative right-wing vote was split, thus ensuring a landslide in seats for Labour and Starmer.

Let us be clear, though: 86 per cent of the population did not vote for the Prime Minister, so anything they say about 'a mandate from the people' is another great big lie.

Many seem to be waking up to the deceptions they have been led to believe for most of their lives, hence the continued popularity of *The Light* paper.

But there are unfortunately many dead-end rabbit holes with false remedies, fake saviours and time and money-wasting ideas which will not work against force and tyranny, but are still doing the rounds after years of no results.

Donald Trump is not the answer. Nigel Farage is not the answer. Pots of gold and short-cuts are not the answer. You are the answer; only you can create the life you want – and only you can bear the cross to get you where you want to be.

Almost everything you see – not only in the corporate media but also most of the big 'alt' media too – is there because those that are corporatising and financialising the entire world want you to see it.

Waking up to the grand deceptions of the world out there is one step.

Realising the same level of deception has been used against you, your expectations and ambitions, and who you really want to be and were made capable of achieving, is probably an even more important stage.

The uniqueness of billions of individuals cannot come about by accident. Therefore, someone made you and someone wants you to fulfil what you know in your heart is your destiny.

Not all of us make it – only those who are determined to expose themselves to the full truth no matter what it may reveal and where it may take them.

Why electricity costs so much today

Twice as much as the U.S. and five times more than China

by **DR JOHN FERNLEY**

PEAK electricity demand in Britain is in the winter when we need to heat our homes, offices, shops, warehouses and factories.

But in the winter, solar factories produce almost no electricity in Britain. This is because it is dark for around 16 hours a day, and when the sun does appear, it is weak and usually hidden behind thick cloud.

Solar energy may make sense in some countries, for example in north Africa, but building solar factories in Britain is completely brainless.

The new Energy Secretary, Ed Milliband, has just given the green light to the biggest solar factory in the UK. He claims that building the Sunnica solar farm in East Anglia will 'cut bills for families.'

As is often the case with politicians, the opposite is true. Because solar factories produce almost no electricity in the winter, there will need to be back-up electricity generation. So essentially, two electricity generation facilities will have to be built and operated, one for the summer and one for the winter. This will increase electricity bills for families, not cut them.

Subsidies to companies operating solar factories and wind turbines is one of the reasons electricity bills in Britain are already amongst the highest in the world. We pay five times as much for our electricity as China, and twice as much as the USA.

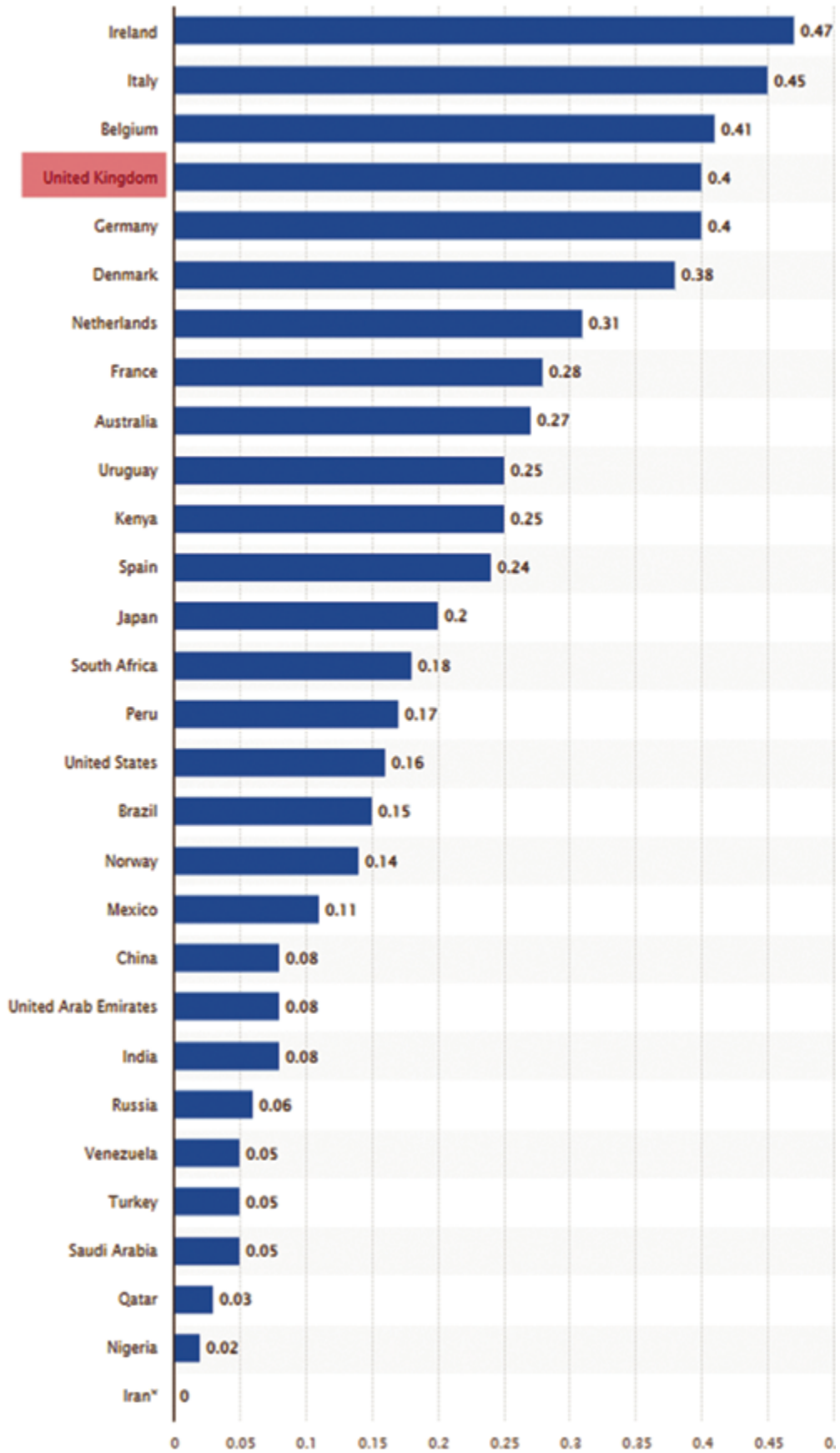
The pain that high bills cause British families is of no concern to the eco-zealots in government and the media who peddle scare stories about global boiling and tell half-truths about the economic and environmental cost of green energy.

They want Britain to be a world leader in Net Zero and don't care about the price the rest of us have to pay for this utterly pointless ambition. Britain is responsible for only one per cent of CO_2 emissions, so even if we achieved Net Zero tomorrow, it would have no measurable impact on temperatures.

Meanwhile, big CO_2 emitters, like China (30 per cent of CO_2 emissions) and the USA (10 per cent of CO_2 emissions) move far more slowly towards Net Zero. They continue to build and operate natural fuel power stations. Unlike solar factories and wind turbines, these power stations are both cheap and reliable, and they work every hour of every day, summer and winter. This is why the electricity bills for Chinese and American families are so much lower than the bills for British families.

- ***https://tinyurl.com/ycknra2j***

Household electricity prices worldwide in December 2023, by select country (in U.S. dollars per kilowatt-hour). Source: Statista



Electricity prices in U.S. Dollars per kilowatt-hour

TheLIGHT
Aug 2024 The Uncensored Truth

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'History is written by the winners'
George Orwell, Tribune, 1944

Digital takeover of our bodies

Hacking humans to harness our energy

by **DR LISA HUTCHINSON**

WE have witnessed and experienced the execution of military warfare that uses psychological operations and social media to help fight wars in the information age.

The rulers have already built the digital prison framework for every person on Earth. There are three segments to this control grid: surveillance, digital ID, and a central bank digital currency (CBDC).

This dire situation prompted ACHES (Adult Child Health and Environmental Support) to host a successful London-based event entitled Society: Controlled or Free - It's Up to Us!

This event demonstrated our society is well on the road to enslavement.

As we know, covid-19 was a man-made health crisis whereby effective treatments were withheld and dangerous experimental gene-based 'vaccines' were deployed, with no clinical evidence to support their use, ushered in by a political establishment seeking to control mankind through World Health Organisation and United Nations policies. The complicit mainstream media colluded to censor the truth.

The UN Club of Rome-initiated sustainability goals centred around environmentalism and pollution. In 1995, anthropogenic global warming became entrenched in the planetary biodiversity assessment, developed by the Rockefeller and Rothschild empires.

This seeded the idea that mankind was condemned to destruction unless a world government initiated population reduction policies.

Dennis Meadows, Club of Rome member and author of *Limits to Growth,* famously said the eight billion world population should be reduced to one to two billion. Depopulation is no secret; it is central to the rulers' agenda.

The UN Sustainable Development Goals (SDGs) provide the template for the urbanisation and agenda to control man, also known as Smart Cities.

The depth of indoctrination and infiltration is enormous. A staggering 96 cities, representing eight per cent of the world's population, have signed up to the C40 Cities Climate Leadership Group.

Notably, there is no climate crisis, but governments are intent on achieving the SDGs and Agenda 2030 goals. As part of SDGs, they are gathering everyone's consumption habits via surveillance technology, using AI and blockchain, to create a digital 'footprint' of every person's activity to be used in a social credit system tokenised as 'carbon credits'. Unbelievably, by 2030, they hope no commercial flights, beef or lamb production, wood burning or gas stoves will exist.

The UN 2030 Agenda plans to destroy family units and create a completely conformist society with allegiance only to those in control. Consumer wireless technologies connected to a central network already track every human under 24/7 surveillance. Inter-operational communications driven by AI and algorithms can manipulate and maintain a control state.

All household computers and devices have unique identities that are linked to centralised network communications, and are extensions of your digital ID. Your personal information is captured, stored, and is being weaponised against you.

Crucially, 5G cell tower infrastructure is the lynchpin for digital enslavement to succeed. Radiofrequency radiation (part of 5G) is damaging to all living things, as it is a directed energy that interferes with biochemical and cellular mechanisms.

Studies show that five per cent of the world's population already have moderate electromagnetic fields (EMF) symptoms and 1.5 per cent have severe symptoms, with nearly 500,000 in the UK so badly affected that they cannot engage in many everyday normal activities.

The ultimate plan is to hack human beings and harness their energy so they can be controlled and monitored. This is achieved when the Internet of Things (IoT) connects with the body, resulting in the Internet of Bodies (IoB). The IoB is an extension of the IoT and connects the human body to a wireless network through devices that are ingested, implanted or connected to the body.

Once connected, data can be exchanged, and the body and the device can be remotely monitored and controlled. Yuval Noah Harari of the World Economic Forum boasted: "Today we have the technology to hack humans on a massive scale." Notably, 5G and wifi technologies create a densified field that, when disturbed, can be digitised to enable full monitoring and control. Without 5G, their control agenda of the fourth industrial revolution cannot be fulfilled.

Fighting 5G

ACHES (*www.aches.international*) **has made great strides in raising awareness regarding the fraud by local councils in permitting 5G cell tower installations. For instance, safety certificates to guarantee public health have been submitted in the names of non-existent or dissolved telecommunications companies.**

Many local councils and governments worldwide are complicit in 5G-based digital prisons. If you are concerned about the 5G installation and would like to contact your local councils, helpful template letters can be found in the Councils and Planning section of ACHES.

Once people realise that 5G is the keystone of the biohacking enslavement jigsaw puzzle, we can overturn this extinction agenda

The 5G signals are capable of scanning for data and recording it. Microwave fields are also able to interfere with the quantum field, causing ionising as well as non-ionising effects. Both are highly dangerous to all life.

It is believed the nanoparticulate components introduced with covid inoculations have the ability to self-assemble and act as a network for monitoring the human body. Optogenetics, a biological technique cultivated decades ago, uses light to control the activity of neurons or other cells.

The expression of light-sensitive ion channels, pumps, or enzymes in individual cells enables precise control of biochemical signalling pathways. Such technologies are believed to be able to alter our behaviour and biology.

We have already entered the transhumanism realm, in which changes to DNA, captured with optical imaging and nanotechnology, can record changes in human behaviour.

Covid-injected people are now thought to be considered the intellectual property of the U.S. Department of Defense patent holders, because humans have been synthetically 'genetically modified'.

Most people do not accept that such technology exists. However, science and technology are many decades ahead of what we are shown.

Once people realise that 5G is the keystone of the biohacking enslavement jigsaw puzzle, we can overturn this extinction agenda.

- ***Protocols for nanoparticulate detoxification can be found on helpful sites, such as Dr Robert Young: https://masterpeacebyhcs.com/ and Dr Ana Mihalcea: https://tinyurl.com/2ajbkjek***

Human capital, human cattle

We must resist the Fourth Industrial Repression

by **PAUL CUDENEC**

THE First Industrial Repression saw us thrown off the land, forced into crowded towns and cities, and used as human fodder for the dark satanic mills of the new steam-powered capitalist world.

The Second Industrial Repression electrified the rule of The Machine. New generations were born who had never tasted freedom. Their lives and their thinking were increasingly dominated by the rhythms of industrial mass production.

The Third Industrial Repression heralded the arrival of computers and robots. Human beings were now expected to meekly conform to these automated norms and functions.

And now we face the onset of the Fourth Industrial Repression (4IR), the most deadly repression of them all...

The 4IR wants to own, control and profit from everything that exists in this world.

Its Internet of Things aims to create a matrix of total connectivity, of which it is the owner.

You, your home, your family, your friends, your relationships and your activities will all belong to the 4IR.

The 4IR empties everything of meaning, particularly words. It says ‘sustainable’ when it means ecocidal. It says ‘development’ when it means destruction. It says ‘universal basic income’ when it means slavery

Photo: Cottonbro

Its technocrats regard you as nothing more than another piece of disposable fleshware, one unit among billions, just another figure on its global balance sheet of exploitation.

The 4IR will track you and always know where you are, who you are with and what you are doing.

It demands your total obedience. You can have no values, ideals or dreams of your own; only the ones authorised by the system.

Disobedient units are unproductive units.

The 4IR will know how to spot you if you even so much as consider stepping out of line. Its predictive policing will quickly identify you as an anti-social element, a pre-criminal, a thought criminal.

It will send out its robots and its drones to neutralise you and protect the safe functioning of the matrix.

Digital identity systems. Militarised 5G. Neuro-technological brain enhancements. Genetic editing.

The 4IR will not tolerate any irresponsible words or behaviour that present a threat to health and safety, to law and order, to resilience and prosperity.

Submission. Sycophancy. Slavery. We’re all in it together, citizen!

The 4IR wants to scare us into its devouring jaws by pointing to impending disaster and claiming that nobody can save us but itself.

It shows us the misery and disease inflicted by the First, Second and Third Industrial Repressions and insists that the solution is a fourth dose of the same deadly technological poison.

The intelligence of the 4IR is entirely automated and its dead robot brain cannot smell what we smell, feel what we feel, love what we love.

It coldly ignores the timeless and vital value of people, animals, trees, plants and the whole organic reality of which these form part.

Instead it sees just raw material for its own profit.

It thirsts above all for data, endless floods of data to be collected, processed, sold and transformed into the wealth which buys it total control.

The Fourth Industrial Repression wants to replace everything true and authentic with its imitations; with a reality not so much virtual as entirely fake.

And yet its forked robotic tongue tells us that this phoney reality is in fact an ‘enhanced’ or ‘augmented’ one.

The 4IR wants to abolish the lives we have known. It wants to nanochip us, lock us up in little cages, and force-feed us chemical food substitutes, laced with feel-good soma.

It cannot tolerate the idea that we might enjoy anything for free, such as sunshine, fresh air and the wild outdoors.

It craves a total monopoly of our experience. Cut off from the real world, from authenticity and liberty, we will have no choice but to buy and consume the poisonous inferior substitute reality it has carefully manufactured.

The 4IR, like all the other repressions before it, is built on our separation from one another, the destruction of our communities and the undermining of our solidarities.

‘Social distancing’ is the prerequisite for its seizure of complete power.

The 4IR wants us all to be on our own, online and in line.

The 4IR empties everything of meaning, particularly words. It says ‘sustainable’ when it means ecocidal. It says ‘development’ when it means destruction. It says ‘universal basic income’ when it means slavery.

When the 4IR talks about ‘social impact investing’, it really means it wants to turn human beings into lucrative investment opportunities.

Human capital. Human cattle.

When the 4IR talks about ‘a new deal for nature’, it really means it wants to privatise the whole living world so as to make the billionaire class even richer and more powerful than it already is.

When the 4IR demands ‘biosecurity’, it means the security of its own systems of control against the threat from biological reality. From nature, from life, from us.

The 4IR thinks it is so smart. Its glossy propaganda promises us smart mobility in a smart economy, smart living and smart governance for the smart people of tomorrow.

The smart money is on the 4IR project. The smart money of the smart-arse smart set. Smart is the new smug.

The 4IR employs huge armies of professional liars and gullible fools to spread its propaganda and scream abuse at all who dare challenge its fearmongering falsehoods.

The 4IR is a death cult which dreams of wiping out everything that is natural, everything that is wild and everything that is free.

Resist the Fourth Industrial Repression!

Fight the 4IR!

- ***https://winteroak.org.uk***
- ***https://tinyurl.com/yw4544yz***

To vote or not to vote...

by **RICHARD HOUSE**

Subverting the narrative: the Independents' Day general election of July 2024

Left: Andrew Bridgen. Above: Jeremy Corbyn MP

IN the freedom and truth movement, I've encountered a wide range of views about participating in a general election campaign.

On the one hand, highly respected counter-narrative journalists like UK Column's Brian Gerrish argue that we should participate in the political process, no matter how futile it might seem. He argues that we will always be having an effect – even if it doesn't feel like it.

On the other hand, I frequently hear the view expressed that participating in any way in the political and parliamentary electoral process is to confer upon it a tacit legitimacy that it doesn't warrant; and indeed, it's argued that by participating in it, we are conferring tacit legitimacy on the clown show.

I must confess to experiencing great ambivalence about the whole shebang, as I can find both of these arguments equally compelling, so I commonly fluctuate between the two. And in that uncomfortable situation, I find myself resorting to expediency in making the decision on whether or not to engage with the political process. Right or wrong, in the recent general election, I did decide to participate and campaign in what became known as the Independents' Day election.

Here in Stroud, we fielded an independent truther candidate so that we could take advantage of a free leaflet-drop by Royal Mail to every household in the constituency – worth around £40,000. Expedient, perhaps, but what a great way to get a truther message into every household!

I am almost certainly unique in having actively campaigned for both Andrew Bridgen (sacked Conservative MP) and for Jeremy Corbyn (sacked Labour MP). This may surprise, even shock many people – but for me, the staunchly independent status of both Bridgen and Corbyn far outweighed any right/left ideological differences that exist between them.

The appalling way in which these honest, principled MPs have been treated by their former parties is an unmitigated disgrace, revealing the utter bankruptcy of the captured and brutally corrupt party-political system.

Anyone who dares to challenge the establishment narrative and power base – and who looks like they might get some traction – will be ruthlessly destroyed by that establishment (of which the mainstream parties are an intrinsic part).

Bridgen dared to speak truth to power in relation to covid, and he was ruthlessly silenced and cancelled. Corbyn dared to challenge the very foundations of establishment power, and he was cancelled and destroyed, too.

I painfully discovered just how hard it is for independent candidates to prevail against the brute force and ruthless disciplinary power of 'the party-political machine'. Many excellent truther independent candidates across Britain received just a few hundred votes; and Andrew Bridgen received a highly suspect 1,568 votes, having received 33,811 votes when elected MP for North West Leicestershire in 2019.

So we're supposed to believe that an MP of 14 years' standing saw his vote drop by over 95 per cent, or by 32,243 votes between 2019 and 2024?

Having spent four full days actively campaigning for Bridgen, delivering many hundreds of leaflets, and seeing no other campaigns anywhere in the constituency, I find the declared result highly implausible, to put it mildly – looking for all the world as if it was engineered to humiliate Andrew to maximum effect. And that Jeremy Corbyn's election result, described below, was so dramatically different from Bridgen's, merely adds to these suspicions.

Frankly, I was very disappointed – and mystified – at the number of truthers who made the effort to travel to support Bridgen's campaign. As the only MP out of 650 who was courageously speaking truth to the lying covid narrative, he was our MP as well as the MP for North West Leicestershire, and he surely deserved to have hundreds of supporters flooding to support his campaign.

In my view, Andrew will justifiably feel very let down by our movement. But it might be that the vast majority of our movement comes under the category of those wanting nothing to do with the political system on principle; that would certainly account for the comparative lack of non-local support.

THE Jeremy Corbyn campaign in Islington North was a different matter altogether.

I spent seven days in London, most of the time standing outside Finsbury Park tube station with a big sandwich board, handing out hundreds of Corbyn leaflets.

Unlike his elder brother, Corbyn is not a fervent anti-globalist, as far as I know. But he's not a globalist either; and I know from personal experience that he is an honest, modest, decent, humble man – and there are very few if any with those deeply human qualities in the House of Commons.

Corbyn was also an explicitly anti-establishment leader of the Labour Party who couldn't be bought off – which is why they systematically destroyed him on trumped-up antisemitism charges after he nearly won the 2017 general election.

That the scary arch-globalist Keir Starmer treated Corbyn so appallingly, and that he decided to stand as an independent candidate, were clinchers for me that I was going to do all I could to support his campaign.

In a letter published in *The Metro* on March 29, 2023, I wrote that 'Starmer will end up with egg all over his face when hundreds of Corbynites, including me, flood to London to ensure he's re-elected in 2024'. And so it proved, with many hundreds of us descending upon London from all over the country, and Corbyn defying all the lockstep commentariat predictions to win the seat by an extraordinary 7,247 votes.

So, what will I do come the next general election in 2029? I'll be nearly 75 years old then, and whether I'll have the good health to campaign full-on for several weeks remains to be seen.

But one thing I am clear about is that any commitments I might make then will be almost exclusively informed by whether candidates are globalist or anti-globalist, not whether they are 'left' or 'right', whatever those terms mean now – and terms which I fully expect to be even more meaningless in five years' time than they are today.

- ***https://breakpartypolitics.co.uk***

A direct approach to democracy

It doesn't have to be just one vote every five years

by **BRIAN BEEDHAM**

THE basic assumption of democracy is that all adult men and women should have an equal share in deciding how their country is governed.

Some of them are wealthier than others, some have sharper minds, some prefer Mozart to Bono, or vice versa.

No matter. Provided they are reasonably sane, they are all equally part of the democracy.

That concept sits oddly alongside the fact that, in most of the 'democratic' world, all but a few hundred men and women have no democratic function.

Except, that is, to cast a vote every now and again for one or another of a variety of parties that offer them a complicated list of proposals.

Some proposals they like, but others they do not like; and between those occasional votes, the few hundred exceptions, plus the civil servants under their command, make all the actual law-making decisions.

This is not really representation. It is, in the long periods between elections, just a transfer of power to the few. An 'elective dictatorship' as Lord Hailsham famously called it.

In direct democracy, the voters do not merely vote every few years to elect a parliament and a president, and then leave it to these people to represent them until the next election comes along.

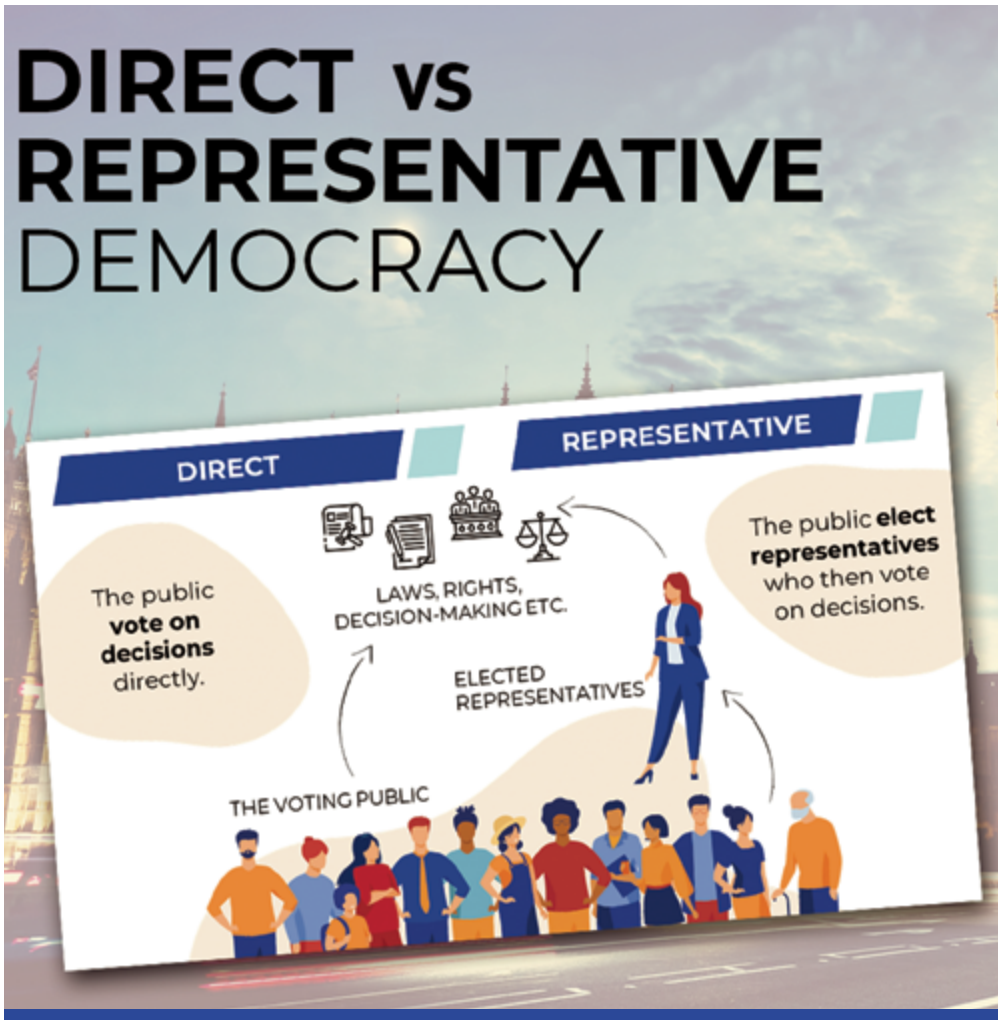
Under the direct democracy system, there is still a head of state and there is still a parliament, both going about their usual business. But at any moment, it is possible for a group of voters (provided they can drum up the requisite amount of support,) to insist that a law proposed by the representatives must be submitted to the judgment of the whole people in a referendum.

Better still, they can insist on putting to the people an idea that does not appeal to either president or parliament. If a majority of the voters say yes, there is a new law. This is called an initiative.

By referendum and initiative, the voters stay in command of politics between elections, not just every five years or so.

Another instrument of direct democracy is the 'recall', a process by which the voters can dismiss an elected politician before his term of office has expired if they do not think he is doing the job well enough.

It is used in California, where it led to the removal of a plodding Governor, enabling Arnold Schwarzenegger to take his place.



The basic assumption of democracy is that all adult men and women should have an equal share in deciding how their country is governed

Some Latin American countries employ the power of recall, and a few of Switzerland's cantons (regions) also possess it. Yet the recall procedure is a rather diluted form of direct democracy.

It cancels the election of a representative, but it then leads to the election of a new representative in his place. It does not directly step into the business of law-making, as real referendums and initiatives do.

So direct democracy is not exactly a secret, but it is astonishing how few voters, in the countries that still plod along with representative democracy, know what the other sort is and how it works.

In Switzerland, 50,000 signatures on a petition – roughly 1 per cent of the total number of qualified voters – are enough to insist that parliament must submit a proposed new law to a vote of the whole people.

Twice that number of signatures will put a brand-new idea for a law – an initiative – to the people's decision, even if the government is against it.

A few technical issues cannot be voted on in this way, but fewer than used to be the case.

Switzerland's 26 cantons give their people the same sort of power in cantonal matters, with self-selected variations in the way it is done.

In the canton of Zurich, one solitary signature on a petition can, provided it gets a modest amount of support in the cantonal legislature, put a proposed change in the law to the people.

In the canton of Bern, the voters are not confined to saying Yes or No to a proposed new law; they can offer amendments to it, and then choose which amendment they prefer.

The smallest units of Swiss politics, the 3,000-odd communities, also do their local business in direct democracy fashion.

In some of the smaller cantons and communities, you do not walk to the polling station or send in a postal vote to do the job. You all assemble for a meeting and vote face-to-face.

Another reason for looking forward to a different kind of democracy is that, in an important way, the new sort makes voters more efficient. Direct democracy concentrates the voter's mind.

Instead of occasionally expressing a vague preference for one lot of politicians rather than another lot, he is regularly invited to answer clear-cut questions, knowing that his answers will help to decide what the law will henceforth be on those questions.

By giving ordinary people more responsibility, direct democracy helps them to behave more responsibly. By giving them more power, it teaches them how to exercise power. It makes them better voters and better citizens.

The British parliament, 'the mother of parliaments', is an especially stubborn old body. It claims 'legislative supremacy' and accepts subordination to the people only in the people's periodic right to choose a new parliament.

In other countries, there is at least a prescribed way of changing this sort of thing, by altering the constitution. In Britain, which has no written constitution, would-be reformers are left groping in the dark.

- ***https://dd2024.org/***
- ***https://ddrightnow.com/***

Brave hospital whistleblower dies

by **JACQUI DEEVOY**

Liverpool Care Pathway survivor loses cancer battle

BACK in October, in an astonishing revelation, a brave survivor came forward to share his harrowing experience of being placed on the notorious Liverpool Care Pathway 13 years ago.

The pathway – now abolished after being branded 'barbaric' and 'inhumane' - involved the withdrawal of necessary medications and putting patients on nil-by-mouth. This resulted in thousands of vulnerable people being starved and dehydrated to death, usually in searing agony.

Craig Smith, from Liverpool, who had been diagnosed with Crohn's disease and was in the hospital with a ruptured oesophagus, was left fighting for his life after being put on the controversial and now-abolished pathway at the age of 38. Astonishingly, he was one of the very few who managed to survive the ordeal.

Sadly, brave whistleblower Craig has died from cancer this June, aged 52.

Recalling the nightmare of being put on the LCP, Craig explained that he was being fed through tubes, but due to medical negligence, the tubes were left in for too long, leading to a severe case of sepsis. It was at this point that doctors made the decision to put him on the 'care' pathway.

Craig spent a terrifying six days on the LCP, during which he claimed his kidneys were destroyed and he suffered full organ failure. These harrowing details are documented in his medical records.

However, Craig's ordeal was far from over. "I was fighting for my life," he remembered. "I was fighting to survive. I was hallucinating badly – really terrifying visions – and I was so thirsty. I believed I was in the jungle, searching desperately for water. At one point, using all my energy, I shouted out 'get me a drink now!' If I hadn't have shouted, I would be dead now. I wouldn't have lasted another day. I'm certain of that."

Despite the immense physical and emotional trauma he endured, Craig miraculously survived the death pathway. However, his health struggles continued. Back in October 2023, he told *The Light* he was amazed he was still alive. "I'm still unwell," he confided, "as I was diagnosed with thyroid cancer three years ago, but I am living proof the doctors get it wrong."

In Craig's opinion, his survival of the LCP strongly suggests that others who were placed on the pathway could have also survived if given the chance.

The LCP, abolished in 2014, was widely criticised for its barbaric practices.

Craig Smith

However, Craig realised four years ago that the controversial pathway was still being used – but under a new name. NICE guideline NG163, introduced as a covid protocol in 2020 and retitled again in March 2021 as NG191, was identical in all but name and caused the untimely deaths of innocent individuals, many of whom weren't at the end of their lives. Relatives of the victims, not all elderly and not all suffering from terminal illness, claim that their loved ones' deaths were hastened under these harsh and dangerous guidelines.

Craig was determined to raise awareness about the alarming practices occurring in UK hospitals and, despite being nervous about speaking out, hoped that his story would encourage people to be vigilant when their family members require hospital care.

"I'm hoping that, by telling my story, I can raise awareness of what's going on in UK hospitals and pray that people will look out for their family members who have to go into any NHS setting."

With a note of caution, he advised individuals to closely monitor the actions of doctors and nurses, recognising that not all medical professionals have their patients' best interests at heart. While some may be kind and fight tirelessly for their patients, he believed others were working to a sinister agenda, willing to end lives without a second thought.

"An evil person is never good to be around when you're ill and vulnerable," he said. "Your life is in their hands and that's scary. They can – and they will – make you die slowly and painfully, while telling your family and friends they are doing it to be kind. Many are 'just following orders', others are making the orders."

Craig's harrowing journey serves as a chilling reminder that not all doctors and nurses act in the best interests of their patients and that it's hard to stand up for yourself as a patient if you're seriously unwell and heavily medicated.

Entrusting your life to healthcare professionals is often a daunting prospect, but Craig believes that by holding certain individuals accountable, we can protect the lives of countless others.

RIP, Craig. Thank you for bravely speaking out.

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Game over for happy childhoods

Addiction to gaming destroys young lives physically and emotionally

by **MATT SINGLE**

THE 1990s delivered a communication explosion of mobile phones, dial-up internet and computer games that could be ready to play in a moment.

And the internet-enabled smartphone has actually changed the very fabric of our interaction with the world and everything in it.

Today, it has developed into a fluid form of anarchy, whereby verifiable facts are intermingled with complete fabrication, often presented with authoritarian fervour from the same often well-meaning author.

The internet is the greatest of double-edged swords and will strike without mercy.

Governments wasted no time in recognising the potential benefits of such a powerful tool. Indeed, we all saw the censorship of anyone questioning the sheer lunacy of the covid narrative.

But even more concerning than the development of mobile phones and the internet is gaming.

I was lucky enough to have grown up in a time when only 'geeks' had computers and computer games. These large, slow devices seemed more of an expensive curiosity to me than a world-altering invention. Likewise, these geeks would seemingly spend hours trying in vain to load a poor quality pixelated game using a screeching cassette cartridge.

Back in 1995 when PlayStation 1 made its European debut, a family member bought one and quickly became locked into its seemingly irresistible charm and fast CD drive.

To a degree, its games could involve friends coming around to join in, but the disconnect from any meaningful conversation and reality was evident. As the console was eventually unplugged in the early hours to cool down, the protagonists were left to go home with aching backs until the next time.

As more and more young people were bought games consoles by their well-meaning parents, the parks and streets began to grow quieter, the footballs rolled no more, and the old worn cricket bats were tossed aside. An entire generation of young people was offered up to the god of gaming. These were only the first.

Today, we have Virtual Reality goggles that are cheap, with consoles now slowly fading into obsolescence. Phones and PCs slowly taking over.

With fast connectivity now widely available, there isn't the need to have friends over in person to game. We can play with anyone anywhere in the world, with all real human interaction removed.

The industry it has created is vast in scale and now bigger than the film industry. In 2022, the revenue from the worldwide video gaming market was estimated at $347bn.

It is predicted that by the end of 2024, there will be 3.3 billion gamers worldwide, with 725 million of them in Europe alone.

As with all things, there is a price to pay, so what is the true cost to our communities as well as to the individual?

Thoughts spring to childhood obesity. It is of epidemic

The PlayStation console was released in Europe in 1995

proportions here in the UK and most 'developed' nations

It seems that every other child is overweight; some morbidly so. The abundance of relatively cheap junk food is a major factor, but surely the sedentary lifestyle of children zombified by a game on a screen for hours in their rooms every day must also play a part.

And what of the psychological damage? Communication skills will often be lacking and under-developed, with them looking down at the floor excessively. They will often show little enthusiasm for physical games or outdoor activities. Often you will also see an inability to socially coordinate themselves or be able to navigate social situations involving other children, and will overreact sometimes violently to harmless banter or healthy competition.

They will also be insistent on wanting to leave quickly so they will be able to get home and game, or take themselves away to some quiet corner to play on their phones.

In the gaming realm, responsibility and accountability for our actions simply does not exist; it is entirely divorced from reality – the reset button is pressed, and the game continues anew without consequence for anyone.

The level of sometimes gratuitous violence within the gaming world should also be of great concern to us all. It normalises such acts by removing the humanity from the equation because it is seen as 'only a game'. But our brains, especially young developing ones, do not know the difference between these realities. What we see, what we think and how we act is what we become. The desensitisation of violence within our youth, the loss of humility and the ability to empathise is leading us along a dark path.

How do we change this? Education and truth are the primary weapons in our arsenal.

At school, I remember watching horrid graphic films about the dangers of smoking. We need to run a similar lengthy campaign of similar depth about the dangers of gaming that will need to be supported by parents.

We also need to hold to account those that are profiteering from this vast and indiscriminate addictive industry, and eventually run independent studies of the damage it is causing to our youth.

In the meantime, we absolutely must greatly limit or altogether stop our children gaming, one way or another. As parents we have a duty of care, and we must recognise the very real damage it is doing. Screen-time limiters are an option on smartphones.

The time that would have been wasted in gaming can be replaced with fun and rewarding outdoor games, sports, art or other activities and educational pursuits.

Gaming isn't just harmless fun or a reward for good behaviour. It isn't a useful tool for parents to keep their children quiet while they go about their own lives. It is an invasive, damaging encroachment on our societies that will only lead to a complete disconnect from the joys, dreams and vibrance of a healthy, fulfilling life of purpose.

We need to act now.

- ***Most Popular Categories In The App Store: https://tinyurl.com/4tusjutr***
- ***The Science Behind Mobile Gaming Addiction: https://tinyurl.com/yc8efhvn***
- ***Video Games Are More Addictive Than Ever – This Is What Happens When Kids Can't Turn Them Off: https://tinyurl.com/2p93vzna***
- ***U.S. Consumers Now Spend 5 Hours Per Day On Mobile Devices: https://tinyurl.com/49xzmajb***
- ***HOPE Sussex Community: https://www.hopesussex.co.uk/***

History crying lone wolf

Joining the dots leads to uncomfortable questions

by **HENRY WIDDAS**

GEORGE Orwell said history is written by the winners.

If that is to be believed, then we need to stop believing history.

For example, we are told that nearly all political assassinations and attempted ones have been committed by lone wolves – men acting alone and, more often than not, with a mental disorder.

And if conspirators were involved – as even official historians sometimes concede – they have never been prosecuted and could never have been orchestrated by our own intelligence agencies.

Our own secret services would never do such a thing... would they?

Many people are unaware of this lone-wolf trope that has woven itself into the tapestry of history.

And yet many of the most significant turning points in history seem to have hinged on a lone wolf acting out his own crazed plan.

Official history tells us that every assassination and attempt on the life of a serving U.S. president has been committed by a lone wolf.

But if it's not always the ubiquitous nutter with an axe to grind then who else is conspiring to bump off these political leaders?

For many people, even asking that question will give them a flight or fight response. Perhaps not on a conscious level, but subliminally. To even pose that question opens a Pandora's box that many of us have fought our entire lives to keep closed.

To open it could place us in a world that we thought only existed in dystopian fiction. It could mean facing up to the fact that sources that we have always trusted – like history books – could be wholly untrustworthy. And that those who we thought were our protectors were no better than the evil tyrants that we have been taught to hate.

In other words, many people – including historians who should probably know better – instinctively feel that it is far safer for their own mental wellbeing and careers to carry on believing that it's a lone wolf. Every single time.

It was a lone wolf that murdered U.S. presidents Abraham Lincoln, James A. Garfield, William McKinley and John F. Kennedy. It was a lone wolf that tried to assassinate U.S. president Ronald Reagan and former U.S. president Theodore Roosevelt.

John F. Kennedy moments before he was assassinated on November 22, 1963

The four U.S. presidents killed by 'lone gunmen'

Abraham Lincoln

Shot in the head by John Wilkes Booth on April 14, 1865. He died the following day after spending hours in a coma.

James A. Garfield

Shot in the shoulder and back by Charles J. Guiteau on July 2, 1881, causing his death 11 weeks later on September 19.

William McKinley

Shot in the stomach by Leon Czolgosz on September 6, 1901, leading to an agonising death eight days later on September 14.

John F. Kennedy

Shot in the head and killed instantly while sat next to his wife, Jackie, by Lee Harvey Oswald on November 22, 1963.

And perhaps they can dictate the narrative in the aftermath of such seismic events to influence the direction of the world, and from that, construct the history we are all taught in schools and universities.

Sometimes, the way to gain a clearer picture of what is sold to us as an isolated, unconnected event is to ask: who benefits from this crime and in whose interest is it that I believe the official narrative that emerges?

From there, we can join the dots and see patterns emerge that would otherwise be hidden from us.

There is a plan to control us all that stretches back not months or years, or even decades; it stretches back centuries.

And the history that we are expected to believe is of the utmost importance to those who seek to influence us today.

George Orwell warned us: 'Those who control the past control the future.'

Suffering with electrohypersensitivity

Heartbreaking testimony of living with an intolerance to WiFi radiation

by **SUE ATKINSON**

I BECAME EHS and MCS (electrohypersensitivity and multiple chemical sensitivity) and also light sensitive after a fall seven years ago, when I broke my arm and banged my head.

I began noticing toxic chemical smells, like cleaning products and the strong smell of petrol and diesel fumes.

In the winter of that same year, 2017, I became aware that I was unable to tolerate heating from the electric Economy 7 heaters that I'd previously used for 27 years.

I noticed symptoms of migraine, often very bad migraines, and experienced heart palpitations, difficulty breathing and feeling like my airways were closing up, as well as trembling and a strong smell of smoke. I felt that I was being poisoned. The year after, I was diagnosed with electrohypersensitivity syndrome by an NHS headache specialist.

Within this diagnosis, it states that I am on a hair trigger constantly from extremely low frequencies, which includes all electrical appliances and technologies such as mobile phones, WiFi signals and chemicals, which collectively were making me sick.

In 2018, when I'd stopped using this WiFi technology and a DECT (digital enhanced cordless telecommunications) cordless landline, I began to feel better. This was transient, however, as it immediately became worse once my neighbour had a smart meter fitted. This caused my neighbour to experience headaches that he'd not previously suffered with, and it caused a drastic decline to my own health.

I had already spent the night sleeping in my car during the 'Beast from the East' weather conditions. After three weeks of the smart meter being fitted, I was forced once again to sleep in my car to escape the radio frequency microwave (RF/MW) radiation and the interference it was causing to my electric home wiring.

My neighbour had the smart meter removed six months after installation. However, by then, my health was damaged so drastically and my world was falling apart, so I was not able to lead a normal life. Any pleasurable activities, such as socialising with family and friends, or being out in the community, were impossible owing to my severe EHS. Avoidance is the only way to try to keep safe.

I'd thrown myself into reading and researching from day one, because I realised the NHS was unable to help me, even though my diagnoses were made by EHS specialists. I would talk to so-called healthcare experts over and over again, who were ignorant on the subject. Crucially, I was constantly dismissed at any mention of my sensitivities.

I've been laughed at, abused and made fun of, ignored and tested by people's technology to see if I react, for their entertainment. For example, I had a neighbour who came round and assured me she had switched her phone off but a text message came through. Quite often, my symptoms are delayed, and it could be four hours later, or even the next day, before my symptoms develop.

It's taught me how blind and shallow people can be, and it is clear many lack empathy and compassion for other fellow human beings. It feels like I am in a war zone, constantly trying to avoid the bullets and to stop myself going into crisis mode, which is when I return to sleeping in my car.

Each crisis is worse than the last, with my symptoms lasting longer and becoming more painful. When I went to hospital recently, I experienced terrible EHS, resulting in my being taken to a ward. However, I had to vacate the building and sleep in my car in the hospital car park.

Over these past years, I have not only lost my own life and independence, but I have lost my friends, my neighbours and my loved ones. It has damaged every relationship I previously had before developing EHS/MCS. I can no longer use my electricity or electrical appliances, so I have no fridge, TV, cooker, lights or heating.

A year ago, after sleeping full time in my car, for one month I had to rehome my pet cat, Ronny.

Someone very kindly gave me a protective bed, including a Faraday canopy, which cuts out RF/MW radiation. I have fitted this canopy over my sofa downstairs, where I stay like a caged animal most days and nights, because I'm suffering with the radiation emanating from my neighbour next door. I cannot access public buildings anymore, such as libraries, cafes, theatres, or shops.

Even accessing a doctor's surgery or hospital is problematic.

A recent visit to A&E was traumatic. Fluid was drained from my lung and I was told I have a high probability of having lung cancer. I have always viewed my sensitivities as far worse than the probability of developing cancer. Now with the prospects of both, the future looks bleak.

There is some hope provided by the EMF Scientist organisation of concerned scientists, who have lodged an appeal, as they recognise the health damages caused by EMF exposures.

These experts have called on the United Nations and its member states to limit EMF exposure.

Not being able to access the internet or use a mobile phone, I am technologically disadvantaged. This limits my ability to do online research and I rely heavily on other people for information, or to purchase hard copy books I can read.

I rarely venture out these days, but, on the few occasions I do go out, I avoid phone masts as much as possible and travel on minor B roads rather than main roads. This adds to my journey time and uses more petrol.

The concealment of EHS, MCS and light sensitivity is a scandal. We are in a silent war that few people are actually aware of. The fraud, corruption and injustice being committed by the telecommunications industry and other corporations, combined with the intentional exclusion from the public eye of the harms caused by RF/MW, by mainstream media and the academic community is appalling.

I hope this testimonial provides some context and helpful information to raise awareness of this critical issue.

- ***Postscript - Sue Atkinson passed away on June 18, 2024***

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QR codes are building digital prison

by **ROB CLARK**

Ditch your Orwellian smartphones before it's too late

I'M a season ticket holder at Leicester City.

Like many clubs – and in what passes for modern life generally – they want to force everyone into getting a smartphone app for entry to the stadium, instead of a plastic card.

It's caused a lot of annoyance this year, as people like me that have a card now have to pay an additional £25 for season ticket renewal, compared to those using the app on their phones for entry.

Previously, the club said it would phase in smartphone entry by offering 'incentives' but, as usual, this Orwellian step appears to be all stick and no carrot.

The club have even trotted out the usual waffle that it's 'safer' as they'll then know who is in the stadium, but this is just more empty PR twaddle.

Mind you, it's not going well for the club and their bright new idea. Last season, only around 1,600 of 26,000 season ticket holders opted for this method of entry.

Why, you might ask, am I telling you this?

Well, it says a lot about the (intended) way life is going, and as usual, leads to far-reaching consequences, that a) the system doesn't want you to realise at the time and b) will lead ultimately to the unrestricted ability of the authorities to regulate everything that you do.

This stupid app-driven life is popping up everywhere of course (again intentionally) and I'm sure you know that more than I do, as – I'm proud to say – I don't have a smartphone.

I mean how cool is that, right?

LET'S look at another area of your life, where the system seeks to impose the app-driven prison on you, on the lie of being cool, modern and hi-tech – namely those silly electric vehicles.

I've been describing the real reason for the introduction of EVs for years, and, trust me, it has nothing to do with the Climate Con.

Few people realise of course, but the idea of EV-only travel (which isn't going that well as nobody's buying them) is for the authorities to more easily regulate where and when you travel.

There is an excellent video by Geoff Buys Cars, about a road trip he did with a mate, from John o' Groats to Land's End.

Geoff went in a 15-year-old BMW diesel, and his mate had a swanky £100,000 plus Porsche EV.

I won't bore you with all the details, but Geoff arrived six hours earlier than the EV, and total costs for the diesel were about half that of the EV.

Contrast that with all the green robots and the clueless politicos on the Tell-Lie-Vision, saying that 'everyone knows EVs are cheaper to run than petrol and diesel cars.'

Well, they aren't – and then you have to factor in the dramatic decline in EV value.

The EV driver made a point of saying that his frustrations were ramped-up massively by the fact that at a few charging points along the journey, the silly app didn't work, so he couldn't charge his car.

Moral of the story then?

If you want detailed remote control over many aspects of people's lives more effectively, move them to an app for everything they need to do.

This app nonsense is effectively asking for permission to (in this case) charge his vehicle. This is a key point, so read that line again if you have to.

If I want to fill up a normal petrol car, I don't have to ring BP up each time to check it's okay with them.

I just lift the bloody nozzle, and it doesn't take two hours to fill the tank either.

The point here is that apps are all part of the control grid – that I've been warning about for so long – and are an essential part of giving authorities remote control of anything you attempt to do: booking a train journey, using your car, paying for anything; in fact, anything and everything.

Sometimes you have to join the dots and look a little further down the track to see what's coming, as opposed to what the spin doctors tell you at the time.

As David Icke quite rightly says: 'Know the destination, see the journey.'

The more people that embrace this invasive technology, the quicker the prison cell door closes on us.

And if more people oppose it by not using this misperceived 'cool tech', the bigger problem they will have.

Technology is marvellous, but it's vital to understand that it isn't the reason it's being brought in. They are not spending billions on rolling out the so-called smart-grid worldwide, so you can download some crappy movie at a faster speed.

Now you can see one of the reasons why I don't have an Orwellian smartphone.

- ***Rob Clark is a researcher, blogger and social commentator.***
- ***For details of receiving his weekly newsletter email: mail@robclark.plus.com***

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Holistic response to attack on agriculture

Biodynamic practitioner ***Bernard Jarman*** is interviewed by ***Richard House***

by **RICHARD HOUSE**

Richard House [RH]: **Many believe that the biodynamic approach to gardening and agriculture pioneered by polymath Rudolf Steiner is coming of age. Can you briefly describe the approach, and your own engagement with it?**

Bernard Jarman [BJ]: The biodynamic approach to agriculture began exactly 100 years ago. It arose out of concern for an observed decline in food quality, livestock health and the vitality of farm crops. Rudolf Steiner addressed this by offering a new imagination for agriculture. It was one that went beyond the narrow input/output nutrient model. It embraced an understanding of the interconnected relationships in nature as well as the spiritual and vital influences that continually stream in from the heavens, the constellations of the zodiac and the planets.

The healthy biodynamic farm is a mixed farm that aims to be as self-sustaining as possible. Everything needed to feed the soil (fertilisers) and all the feed required by farm livestock should, as far as possible, be produced on the farm.

By observing this principle, the entire farm becomes a living, self-sustaining ecosystem, which as the years go by, gradually develops an ever stronger identity or 'terroir' of its own.

To further enhance vitality on the farm and produce food of high quality, a number of unique biodynamic plant-based preparations are used to improve the soil, manure and compost, and stimulate the plants to 'listen in' to what is going on around them, and enable them to find the substances and forces the need for healthy growth.

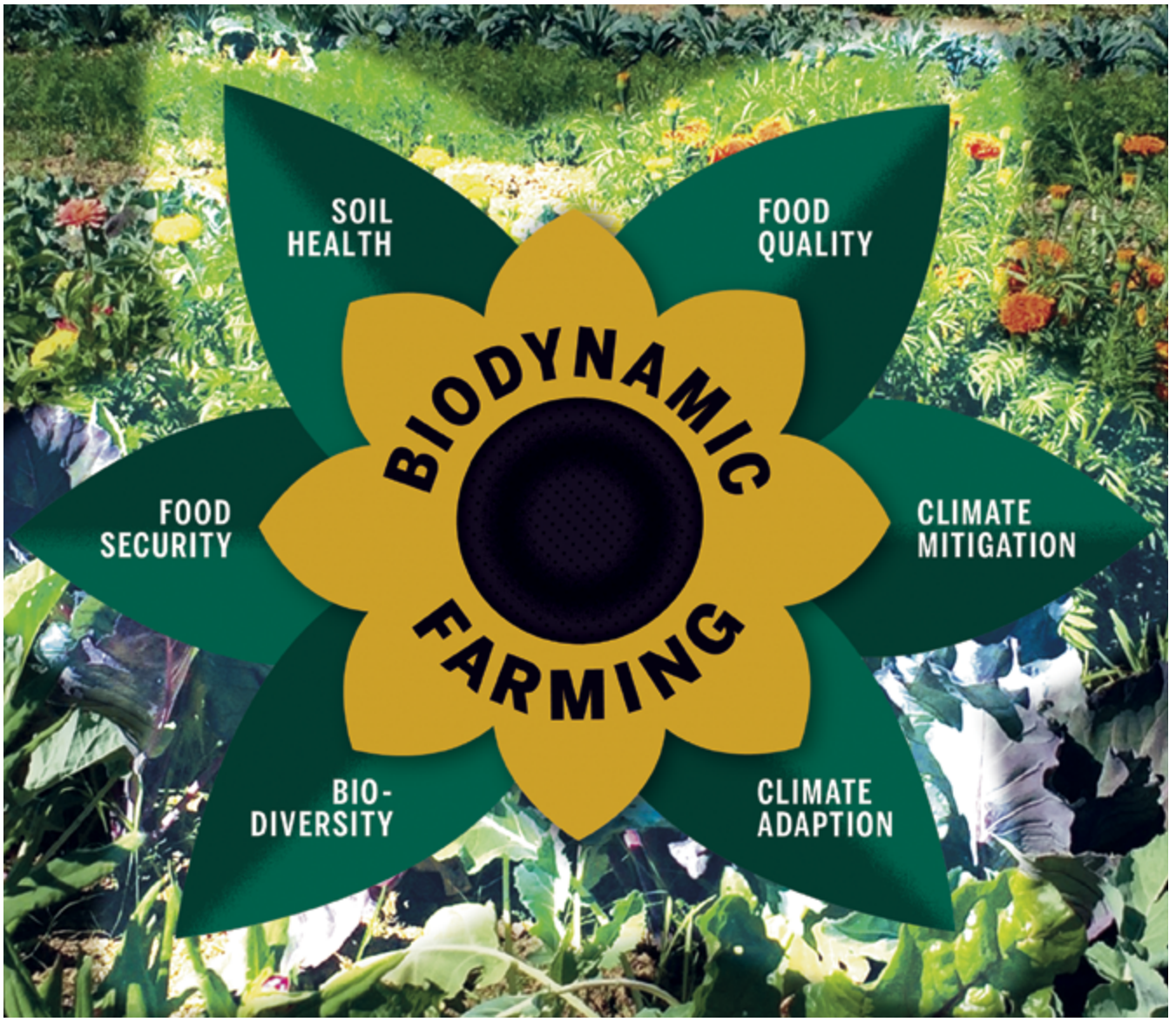
RH: Are there significant differences between biodynamic agriculture, organic agriculture and permaculture; and what is the relative prevalence of these three approaches in the UK?

BJ: The biodynamic, organic and permaculture movements share a common vision of working in partnership with nature to produce healthy food, free of chemicals. Permaculture sees the natural ecosystem as the foundation, and thinks with nature to build practical and sustainable production systems. The biodynamic approach sees the human being as the foundation, and draws on spiritual science to develop nature further. In the UK, the organic movement is by far the largest of the three. Biodynamic agriculture and permaculture, though relatively small movements, make a significant contribution towards the overall development of sustainable organic land management.

RH: Tell us about your experience as a biodynamic farmer, and how fulfilling it has been professionally, personally and spiritually. Is it more of a calling than it is a job?

BJ: I started out learning about biodynamic farming on a community farm in Germany, and later took on a farm in the North Yorkshire Botton Village community. I helped to manage the Biodynamic Association for some 15 years and continue to practise biodynamic gardening locally near Stroud. I also produce many of the biodynamic preparations used across the country.

Like all farming, biodynamic farming is a way of life. It is very satisfying to know that, while working with nature to improve soil fertility and health, we are also producing food that is nourishing and tastes good. And, while producing this food, we can also improve the natural biodiversity.



Some of the benefits of biodynamic farming

RH: A globalist attack on world agriculture is currently under way. What's your view on this from a biodynamic viewpoint? Does BD agriculture have a role in pushing back against this attack on farming?

BJ: The attack is effective because the narrative contains a half-truth. We cannot go on ruthlessly exploiting and poisoning the earth with chemicals as at present, and it is right to be concerned about the environment.

Current agricultural subsidies appear to address this concern, but they encourage farmers to leave land to nature – wildflower strips on headlands, for example, to encourage insects – while continuing intensive chemical use for cropping.

Because biodynamic farming uses no chemicals and works with nature, it can meet these biodiversity objectives throughout farms including the crop land – and not just the headlands. This approach is therefore one that simultaneously produces quality food and benefits the environment.

RH: Based on your decades of experience in the movement, is the future for biodynamic agriculture a rosy one?

BJ: Although growth is slow in Britain and Europe, the biodynamic movement is growing strongly in India, East Asia, South America and elsewhere. A form of agriculture that is sustainable, ecologically sound and produces food of high nutritional quality is something which will become ever more important, and biodynamic agriculture is uniquely placed to contribute for the future.

RH: Tell us about your recently published book.

BJ: My book, *The Biodynamic Movement in Britain: A History of the First 100 Years*, tells the story of the active pioneers of biodynamic farming and gardening in Britain during the 20th century, and how the impulse took root in Britain. It also describes some of the further research that has been done, and, most importantly, the thinking that underpins the work.

- ***Bernard Jarman has been involved with the Biodynamic Association for many years, having served on the council and as its chair and executive director.***
- ***He has written articles for various journals and regularly runs courses on the subject.***
- ***He currently manages an estate near Stroud.***
- ***Bernard Jarman, The Biodynamic Movement in Britain: A History of the First 100 Years, see tinyurl.com/2w3dvfj2***

Illiteracy in the age of covid

Without critical analysis we are as vulnerable as sheep

by **HARRY HOPKINS**

DISTRIBUTING *The Light* newspaper in the West Yorkshire town where I live, I've met all kinds of people these past three years.

Reactions to my efforts have varied from the early days of having some of them thrown in my face to the present, whereby most of my 'regulars' look forward to the monthly issue.

This work has given me a perspective and insight into a cross section of humanity that without the covid nonsense, I would never have experienced.

Those of us who try to understand what has happened are bamboozled as to how the vast majority of folk have succumbed to the blandishments of ultra-rich, powerful people who are forging ahead in using the lightning progress of technology to assist them in a drive towards a transhuman future.

We analyse how it has happened by coming to the conclusion that mass hypnosis, propaganda, engendering fear, the madness of crowds and downright stupidity are the reasons, but is this the entire picture?

The current state of world affairs is hard to comprehend for any sensible person who, hitherto, thought politicians looked out for our best interests; that the pharmaceutical industry was a Godsend in advances and miracle cures; and of course, those of us who thought that having a defence industry to protect us from aggressor nations was a common-sense given.

It never occurred to most of us that we ourselves might be an aggressor nation and the whole military-industrial complex was a self-perpetuating entity which required constant conflict in order to thrive and make its trillions.

The Iraq invasion and others that followed was a wake-up call to many; covid and the opening of the box containing climate change, net zero carbon, gender-bending and hell knows what else the woke culture pursues, are evidence that never before has humanity faced such a pivotal moment in its existence.

The exposure of so much corruption across the higher levels of world government was something that dawned on those of us who simply started to ask questions and delve behind the false facade of the so-called 'news', which as we know now is simply propaganda of the worst sort.

Many of us are being herded like sheep

Five years ago, would we have believed that the likes of the WEF, UN, WHO, OECD, NATO, even our own NHS would have been complicit in this?

After all, these organisations are staffed by people just like you and me. They have families, friends and live in communities. They must desire a decent life and yearn for a positive future for their children. A future not based on fear and constant war and not focused on a constant barrage of doubt and insecurity, which is part of the toolkit of the authoritarian globalists. So why do they go along with it?

It hadn't dawned on me until very recently that another reason the would-be dictators get their way is through sheer ignorance. By ignorance, I don't mean people who are not aware of the facts and are without education. I mean ignorant because they cannot, to varying degrees, read or write or do simple arithmetic and thus cannot educate themselves.

It is hard to comprehend that in the UK today, one in six of the adult population is classified as functionally illiterate.

Without basic skills, these people have a hard life indeed. Their career prospects are low, they have to work longer in menial jobs, their health is poor and their life expectancy is much reduced.

This was brought home to me quite forcefully when delivering *The Light* newspaper to a friendly cafe which takes a goodly pile every month. As I was arranging the papers on a shelf for people to help themselves, a man in his fifties picked up a paper, looked at the front page of Issue 46 and laughed out loud at the cartoon by Bob Moran.

It's a rather 'in your face' drawing of a huge backside with a voter posting his vote up the middle of the Labour and Tory cheeks, implying that they are two sides of the same bum. As he was laughing, he passed the paper to the lady he was with and she smiled and started to read the front page.

I went into my well-rehearsed spiel about the paper being an alternative to the mainstream news and that it presented a different take on world events. The gent then began to tell me that he never believed anything the government or the TV told him and that we were lied to all the time.

I then asked him if he had read *The Light* before. 'No,' he asserted without any embarrassment whatsoever. 'I can't read, never have done; my wife reads anything important to me, but I do have eyes to see and ears to listen and I can tell when I'm being taken for a ride.'

That was the first time in my experience of delivering *The Light* that I've tried to 'sell' it to someone who couldn't read, at least to my knowledge.

But it got me thinking. While this friendly and nobody's-fool type of man was aware of the game that governments play on us, how many more of the nine million or so functionally illiterate adults go along with everything they are told because they cannot do anything else? If you cannot read properly, or even at all, where does that leave your powers of questioning, analysis and critical thinking?

That to me has brought in another dimension as to how and why the authorities can get away with doing whatever they think fit.

Nine million of the adult population haven't the skills to offer any criticism or opposition to what they are being told. Mass hypnosis, stupidity, career considerations and now functional illiteracy; no wonder the government get away with what they do.

And it puts a whole new interpretation on the saying that 'we get the government we deserve.'

- ***Adult Literacy In The UK: https://tinyurl.com/2ttrnzph***
- ***9 Million Adults In The Uk Are Functionally Illiterate: https://tinyurl.com/ukpke9sc***

Doomsday Addictio

The apocalypse is tomorrow a

Declarations of the world's demise are a dime a dozen, the fare of dignitaries, politicians, scientists, and celebs: The end is nigh—and getting nigher.

Coupled to the certainty of doomsday is the fall of farming. Hand in hand, armageddon and agriculture are bedmates. On March 20, 2023, the United Nations warned of humanity's ticking 'time-bomb', and released a 'report of reports' highlighting a multi-trillion-dollar plan to implement climate policies across the world. UN Secretary-General Antonio Guterres proclaimed the report 'a survival guide for humanity' and called for the phase-out of

Too many people

With world population at 3.5 billion (7.9 billion as of 2023), Paul Erlich penned The Population Bomb and lobbed an incendiary grenade in the opening lines of his prologue: 'the battle to feed all of humanity is over. In the 1970s hundreds of millions of people will starve to death in spite of any crash programs embarked upon now. At this late date nothing can prevent a substantial increase in the world death rate…'

August 1969 Erlich in the *New York Times*: 'We must realise that unless we are extremely lucky, everybody will disappear in a cloud of blue steam in 20 years.'

April 1970 Erlich in *Mademoiselle* magazine: "Population will inevitably and completely outstrip whatever small increases in food supplies we make. The death rate will increase until at least 100-200 million people per year will be starving to death during the next ten years."

November 1970 Harvard biologist and Nobel Prize winner George Wald, speaking at the University of Rhode Island: "Civilisation will end within 15 or 30 years unless immediate action is taken against problems facing mankind."

Spring 1970 Dennis Hayes, key organiser of Earth Day, in The Living Wilderness: 'It is already too late to avoid mass starvation.' Kenneth Watt, University of California, Davis ecologist: 'At the present rate of nitrogen build-up, it's only a matter of time before light will be filtered out of the atmosphere and none of our land will be usable.'

Big cold

1968 As greenhouse theorists pushed a rise in average temperature, plenty of 'forecasters' asserted a big freeze. Ecologist Kenneth Watt sounded the ice alarm, speaking in Pennsylvania at Swarthmore College: "The world has been chilling sharply for about twenty years. If present trends continue, the world will be about four degrees colder for the global mean temperature in 1990, but 11 degrees colder in the year 2000. This is about twice what it would take to put us into an ice age."

1970 The *Boston Globe* ran with a chilling headline: 'Scientist predicts a new ice age by 21st century.' In the associated article, researcher James Lodge warned: 'Air pollution may obliterate the sun and cause a new ice age in the first third of the next century if population continues to grow and Earth's resources are consumed at the present rate…'

January 1974 *The Guardian* echoed the Globe: 'Spy satellites show new ice age is coming fast.'

June 1974 *Time* magazine joined the cooling trend: 'Telltale signs are everywhere, from the unexpected persistence and thickness of pack ice in the waters around Iceland to the southward migration of a warmth-loving creature like the armadillo from the Midwest. Since the 1940s the mean global temperature has dropped about 2.7 F.'

April 1975 *Newsweek* weighed in on warning that global cooling would significantly impact agriculture: 'There are ominous signs that the Earth's weather patterns have begun to change dramatically and that these changes may portend a drastic decline in food production.'

'The central fact is that after three quarters of a century of extraordinarily mild conditions, the Earth's climate seems to be cooling down,' the Newsweek article continued. 'Meteorologists disagree about the cause and extent of the cooling trend, as well as over its specific impact on local weather conditions. But they are almost unanimous in the view that the trend will reduce agricultural productivity for the rest of the century. If the climatic change is as profound as some of the pessimists fear, the resulting famines could be catastrophic.'

July 1976 Following *Newsweek*, the *New York Times* piped in, with additional gloom on agriculture's demise attributed to global cooling. '… the news for the future is not all good. The climate is going to get unreliable. It is going to get cold. Harvest failures and regional famines will be more frequent. Weather will probably make history—again.

'The relationship of global climate to food supplies is a case in point: climatic researchers are becoming alarmed that in the next 10 to 100 years humanity will be unable to feed itself—not through technological insufficiency or political mischief—but because of climatic changes that it can barely understand or control.'

1978 Global cooling was a 'No End' fact, according to another *New York Times* article: 'An international team of specialists has concluded from eight indexes of climate that there is no end in sight to the cooling trend of the last 30 years, at least in the Northern Hemisphere.'

February 1979 Just a year after the global cooling article, the *New York Times* predicted catastrophe via global warming in a story: 'Climatologists are warned north pole might melt,' featuring a jarring opening paragraph: 'There is

But therein lies the beauty of doomsday p

The

n: 50 Years of Fear

nd, if not, the day after will do

natural fuels: "Dear friends, humanity is on thin ice—and that ice is melting fast."

Guterres' remarks were particularly ironic, considering that only a month earlier, a Global Energy Monitor report revealed China's expansion of coal capacity to unprecedented levels—six times larger than the rest of the world combined—via the construction of two new coal plants per week.

Despite Guterres' pronouncement, there is nothing new under the sun—no matter how hot or cold it burns. A quick look at 50 years of failed cataclysmic predictions is in order.

a real possibility that some people now in their infancy will live to a time when the ice at the North Pole will have melted, a change that would cause swift and perhaps catastrophic changes in climate.'

Modern failed predictions

2006 Former vice-president Al Gore projected that unless drastic measures were implemented, the planet would hit an irreversible 'point of no return' by 2016. Game over.

2007 Rajendra Pachauri, head of the UN Climate Panel, one-upped Gore, insisting 2012 was the year of irreversibility: "If there is no action before 2012, that's too late. What we do in the next two to three years will determine our future. This is the defining moment."

April 2008 Media mogul Ted Turner provided far more detail than either Gore or Pachauri, emphasising the consequences of climate inaction: "Not doing it will be catastrophic. We'll be eight degrees hotter in not 10, but 30 or 40 years, and basically none of the crops will grow. Most of the people will have died and the rest of us will be cannibals. Civilisation will have broken down. The few people left will be living in a failed state like Somalia or Sudan, and living conditions will be intolerable. The droughts will be so bad there'll be no more corn growing."

June 2008 The acclaimed godfather of global warming, James Hansen, drew a line in the sand testifying before Congress on the dangers of greenhouse gases: "We're toast if we don't get on a very different path. This is the last chance."

July 2009 Then-Prince Charles chimed in, asserting the Earth had 96 months to avoid decimation: "...irretrievable climate and ecosystem collapse, and all that goes with it."

October 2009 UK prime minister Gordon Brown urged nations to pull a historical handbrake ahead of a climate conference: "There are now fewer than 50 days to set the course of the next 50 years and more. If we do not reach a deal at this time, let us be in no doubt: once the damage from unchecked emissions growth is done, no retrospective global agreement, in some future period, can undo that choice. By then, it will be irretrievably too late."

2014 French foreign minister Laurent Fabius upped Brown's 50 days to 500. "We have 500 days to avoid climate chaos."

January 2019 Twelve years to 2031: U.S. politician Alexandria Ocasio-Cortez put her chips on 2031 as the potential end of days: "Millennials and people, you know, Gen Z and all these folks that will come after us are looking up and we're like: 'The world is going to end in 12 years if we don't address climate change and your biggest issue is how are we gonna pay for it?' And, like, this is the war—this is our World War ll."

March 2019 Eleven years to 2030. Echoing Ocasio-Cortez, but shaving off a year, UN General Assembly, President Maria Garces, declared an 11-year window to escape catastrophe: "We are the last generation that can prevent irreparable damage to our planet."

June 2019 Then-presidential candidate Joe Biden threw his support behind Ocasio-Cortez's dozen-year projection: "Science tells us that how we act or fail to act in the next 12 years will determine the very livability of our planet."

March 2023 The UN's latest 'time-bomb', as described by the Associated Press: 'Humanity still has a chance close to the last to prevent the worst of climate change's future harms...' In step with near annual UN declarations from the past 50 years, Secretary-General Guterres once again sounded the alarm: 'The climate time-bomb is ticking.'

Baking and burning

1982 Mostafa Tolba, executive director of the UN's Environment Program, pointed to the possibility of widespread devastation in less than 20 years. He cited 'an environmental catastrophe which will witness devastation as complete, as irreversible as any nuclear holocaust.'

June 1989 The Associated Press squeezed decimation into a tight, 11-year window, with an ominous article, 'Rising seas could obliterate nations,' containing a jaw-dropping opener: 'A senior UN environmental official (Noel Brown) says entire nations could be wiped off the face of the Earth by rising sea levels if the global warming trend is not reversed by the year 2000.'

1990 Aware that the apocalypse was stalled, Mostafa Tolba doubled down: "We shall win or lose the climate struggle in the first years of the 1990s. The issue is as urgent as that."

February 1993 Thomas Lovejoy, assistant secretary for Environmental and External Affairs at the Smithsonian Institution, stressed the world had one remaining decade of opportunity to avoid calamity. "I am utterly convinced that most of the great environmental struggles will be either won or lost in the 1990s and by the next century it will be too late."

predictions: When one fails, make another

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Payout for scientist fired for refusing jab

by **ZACHARY STIEBER**

A FEDERAL jury has awarded $687,000 to a research scientist who was fired from BlueCross BlueShield of Tennessee for refusing to comply with the company's covid-19 vaccine mandate.

Tanja Benton, who had worked at the firm for 16 years when she was fired, was awarded $177,240 in back pay, $10,000 in compensation, and $500,000 in punitive damages, according to a document made public by the federal court in eastern Tennessee on June 30.

Company officials told Ms Benton in August of 2021 that she would need to be 'fully vaccinated' to keep her position, according to her lawsuit. Ms Benton refused, saying aborted foetal cell lines were involved in the development of the covid-19 vaccines and she could not 'in good conscience consume the vaccine, which would not only defile her body but also anger and dishonour God.'

BlueCross BlueShield said her position involved 'regular external public-facing interactions' so she could not keep it. While Ms Benton said her position became fully remote in 2020, BlueCross BlueShield said it would have involved some in-person interaction with clients.

Ms Benton was told to pursue other positions within the company and applied for two. But she was fired on November 4, 2021, and was told five days later that 'unfortunately, all positions require the vax now' according to an email entered in the case.

Jury awards $687,000 to researcher who rejected demand to be injected

Tanja Benton

Her lawsuit charged that BlueCross BlueShield violated Title VII of the Civil Rights Act of 1964, which says an employer may not 'discharge any individual, or otherwise discriminate against any individual with respect to his compensation, terms, conditions, or privileges of employment' because of that person's religion.

Employers can disregard religious exemption requests if they can prove accommodating them would create an undue hardship.

The lawsuit claimed BlueCross BlueShield 'cannot prove that allowing Plaintiff to continue her employment as a Bio Statistical Research Scientist without being vaccinated for covid-19 constitutes an undue hardship.'

The company 'also cannot show that it made any good-faith efforts to accommodate plaintiff's sincerely held religious beliefs.'

BlueCross BlueShield was also accused of violating the Tennessee Human Rights Act, which bars discrimination by employers at the state level.

'We're disappointed by the decision,' Dalya Qualls White, chief communications officer for BlueCross BlueShield of Tennessee, told *The Epoch Times* in an email. 'We believe our vaccine requirement was the best decision for our employees and members, and we believe our accommodation to the requirement complied with the law. We appreciate our former employees' service to our members and communities throughout their time with our company.'

A lawyer representing Ms Benton did not respond to a request for comment.

The U.S. Equal Employment Opportunity Commission, presented with the case, cleared Ms Benton to sue her former employer.

Company lawyers had argued the firm would be unduly burdened by providing Ms Benton an indefinite exception. The lawyers said she couldn't have continued to work remotely indefinitely.

The company also asserted that Ms Benton did not hold a sincerely held religious belief and 'denies that the covid-19 vaccine was derived from aborted foetus cell lines, which is verifiably false,' according to the company's filing.

Johnson & Johnson used cells derived from an aborted foetus in the design, production, and testing of its covid-19 vaccine. The Pfizer and Moderna vaccines also utilised the cells in early testing. The companies have said the final products do not contain aborted foetal cells.

Ethiopia paves way for digital currency

by **TERENCE ZIMWARA**

ETHIOPIA recently moved closer to launching a central bank digital currency (CBDC) after the Council of Ministers voted to approve a revised draft proclamation.

This proclamation establishes a legal framework for the introduction of digital currency. Described as a pivotal step in the race to launch the CBDC, the approval reportedly allows the digital currency to circulate alongside the regular currency.

According to a local report, the proclamation enables the National Bank of Ethiopia (NBE) to launch the digital currency as and when it deems necessary. The report added that the NBE took into account several factors when drafting the proclamation.

The central bank said: 'The NBE has prepared these proclamations, taking into account the current and future levels of development and policy direction, as well as rapid technological advancements, international principles, and best practices and experiences of peer central banks.'

The report also revealed that the Ethiopian Central Bank planned to launch the CBDC alongside other measures as part of its reform agenda.

Ethiopia joins the long list of countries developing CBDC

While the NBE has joined several of its peers in either studying or working toward launching a CBDC, the country's monetary authorities have previously sought to discourage residents from using or trading cryptocurrencies.

To illustrate, a Bitcoin.com news report in June 2022 revealed that the NBE had warned residents against paying for goods and services with cryptocurrency. The bank insisted then that the local currency known as the birr was the only legal tender.

Meanwhile, in addition to the CBDC proclamation, the Council of Ministers also voted to open the local banking sector to foreign competition. After the approval, the two proclamations will be sent to the legislature for review and final ratification.

- ***Ethiopia Approves CBDC Launch Draft Proclamation : https://tinyurl.com/4vyfzkp4***
- ***Ethiopia Paves the Way for Central Bank Digital Currency, Banking Revolution: https://tinyurl.com/wkrfaeh6***
- ***Ethiopian Central Bank Urges Residents to Stop Engaging in Crypto Transactions: https://tinyurl.com/y859brve***

Please pass The Light on when you've read it

Digital ID now 'standard' in Pakistan

World Economic Forum continues pushing plans for online identities

by **TIM HINCHLIFFE**

Pakistan – fully locked into Agenda 2030

DIGITAL identity sits at the heart of Pakistan's Digital Public Infrastructure (DPI) transformation and is now a standard feature in every adult's life.

That is according to the World Economic Forum (WEF) Agenda blog, co-written by representatives from the World Bank and the United Nations' 'Better Than Cash Alliance'.

The blog post, *Digital Public Infrastructure is Transforming Lives in Pakistan, Here's how*, highlights how adults in Pakistan cannot lead a normal life without having a digital identity, which is a key component of DPI.

Digital Public Infrastructure is a civic technology stack consisting of three components: Digital Identity; Fast Digital Payment Systems (e.g. programmable central bank digital currencies); Data Exchanges Between Public and Private Entities.

'Pakistan is set to launch several ambitious DPI initiatives, including expanding the RAAST payment system, implementing a nationwide digital health records system, and launching a blockchain-based land registry,' according to the WEF Agenda.

From the State Bank of Pakistan, RAAST is the country's first instant payment system that enables end-to-end digital payments among individuals, businesses and government entities instantaneously.

In 2020, the State Bank of Pakistan partnered with non-profit Karandaaz, which is a 'prime delivery partner of the Bill and Melinda Gates Foundation.'

In 2021, the Bill and Melinda Gates Foundation granted Karandaaz $4m 'to integrate the Ehsaas Program (biggest Government to Person Program in Pakistan) with RAAST-Pakistan's Instant Payment System to enable interoperability and choice for the beneficiaries.'

Contributing to the WEF blog post are the World Bank's technical advisor for Digital Public Infrastructure and Digital ID, Tariq Malik, along with the UN-based Better Than Cash Alliance's head of Asia Pacific, Prerna Saxena, and Pakistan lead Raza Matin.

The UN's Better Than Cash Alliance advocates for 'responsible digital payments' and repeatedly states it does not want to abolish physical cash.

However, the Better Than Cash Alliance does want more women to have accounts in their own name, which could also lead to more citizens being tracked, traced, and taxed in the digital system.

Speaking at the World Bank Group's inaugural Global Digital Summit last March, World Bank president Ajay Banga said that digital identity should be embraced worldwide, and that governments should be the owners, so they can guarantee privacy and security for their citizens.

According to Banga, once everyone is hooked-up to a digital ID, then it can be linked to existing infrastructure run by private companies.

"They should have the digital identity; that digital identity should guarantee the privacy of that citizen; it should help them with their security, but the government should give the identity," said Banga.

"Once you do that, then connecting them to the infrastructure that a private company, either Ericsson or Verizon, or combinations of them – in fact mostly it's a combination – then the question is, 'What do you do with it that requires a digital ID?' so you can start connecting with that citizen."

For Banga and other unelected globalists, digital identity is the key to unlocking access to goods and services through public-private partnerships – the fusion of corporation and state (also known as 'fascism').

Last year, the United Nations partnered with the Bill and Melinda Gates Foundation to launch the 50-in-5 Digital Public Infrastructure campaign to accelerate digital ID, digital payments systems, and data sharing among 50 countries by 2028.

Speaking at the WEF Global Technology Governance Summit in April 2021, Ukraine's Minister of Digital Transformation, Mykhailo Fedorov, said that his government's goal was to create a digital ID system that would make Ukraine the most convenient State in the world by operating like a digital service provider.

"We have to make a product that is so convenient that a person will be able to disrupt their stereotypes, to breakthrough from their fears, and start using a government-made application," said Fedorov.

"Our goal is to enable all life situations with this digital ID," he added.

While Ukraine has sought to enable all life situations with its digital ID, the WEF reports that digital identity 'is now a standard feature in every adult Pakistani's life.'

- ***https://sociable.co/government-and-policy/digital-id-pakistan-standard-feature-wef-un-world-bank/***
- ***https://www.weforum.org/agenda/2024/07/digital-public-infrastructure-is-transforming-lives-in-pakistan/***

The bright side of sunshine

Don’t hide from nature’s gift for good health

by **DR SARAH MYHILL**

ALL life exists under the sun and harnesses its rays to benefit its many forms.

Humans evolved in Africa exposed to 12 hours of daily, strong sunshine. This is essential for the synthesis of vitamin D from the action of ultraviolet light on cholesterol in the skin.

So important is this process that, as humans migrated north, skins became paler in order that, as light intensity fell, vitamin D could be synthesised even faster. Sunshine is vital to all life.

The entire spectrum of light from sunshine is employed by the body to its advantage.

Far infrared, near infrared and red light are antimicrobial and help to kill all infections, the former also stimulating melatonin production in the gut.

Sunshine also improves energy delivery mechanisms via its effect on mitochondrial function and circulation.

Full spectrum, visible light makes us happy – the lack of light in Winter contributes to the depression of SAD (seasonal affective disorder). And it is ultraviolet light (UVB wavelength specifically) that makes vitamin D in the skin.

Vitamin D is one of the most vital and under-rated vitamins (more accurately defined as a fat-soluble, steroid pre-hormone). The reason is simple – doctors are now educated by Big Pharma whose mantra is: ‘A patient cured is a customer lost.’

Image: caduceus.info

Their starting point is to use propaganda to whitewash cheap, safe and effective, natural therapies. The public has been persuaded to believe that vitamin supplements only produce expensive urine and we can get all we need from our diet.

Big Pharma wants a sick population taking symptom-suppressing drugs for life and this is what happens when people consume Big Agri-driven, addictive, high-carb diets and do not take nutritional supplements.

Governments want people ruining their lives in addiction, then passing prematurely before pensionable age. Westerners are dying from two causes: addiction and ignorance. Both are highly profitable.

Vitamin D has multiple health benefits. A 2021 study showed that having a vitamin D level above 125 nmol/l (50 ng/ml) affords a risk of death from ‘covid-19’ that is effectively zero.

It is essential to prevent and treat osteoporosis. The problem here is that the dose recommended by orthodox medical bodies of 600IU is so low that this intervention is bound to fail. Indeed, this dose has been designed to tarnish the reputation of vitamin D.

Every cell in the body has vitamin D receptors, which explains its wide-ranging function and impact on almost any chronic disease. The fact is we all need 10,000IU of vitamin D daily for life. At this level, there have been zero cases of vitamin D overdose.

A new book on the latest evidence for vitamin D by two very knowledgeable British doctors discusses the evidence for its success against covid and other illnesses, and also endorses my view that we need 10,000IU a day from all sources.

Vitamin D is also highly protective against cancer. So is sunshine. We should be getting as much sunshine as we possibly can, without burning the skin, which means gradually increasing exposure. This applies to all skin types – the fairer your skin, the faster you make vitamin D; the darker your skin, the greater the need for sunshine.

- ***Sunshine, skin cancer and vitamin D : https://tinyurl.com/yu9ke684***

Escape the maze of depression

by **HENRY WIDDAS**

Give yourself the greatest gift – a reason for being

DEPRESSION: Is it physical or a state of mind?

Perhaps both, as even modern medicine practitioners concede physical health is linked to our mental well-being.

And what is depression? How do we know we have it and how do we get past it?

As with many medical conditions, including autism, there is a spectrum on which most of us sit.

Not one of you reading this will have avoided depression completely during your lives and many of you will have suffered it over a lengthy period of time and/or on a regular basis.

But by labelling it as depression it gives it power to dominate and control our lives. Perhaps it is better to call it a passing blue funk that will soon be replaced by rainbows and light.

This can be difficult to do when in the midst of it. Perhaps you are crying every day, unable to see a way out of the maze of despair.

If you are reading this while under the spell of this illness, or if you have had a recent encounter with it, then remember there are millions out there who have also suffered or who are suffering.

It is not unusual and you are not alone.

And there is a way out of the maze. The only thing you need to do to escape is ridiculously simple. Keep moving forward towards a goal you have set.

By doing this you give yourself a reason for being and an incentive for life, the raison d’etre.

Stop reading this now and ask yourself, do you have a reason..?

If you don’t then there is a good chance you will invite – if you have not already – the blue funk to fill your veins with hopelessness.

Set a goal, small or large, it doesn’t matter what, and then take steps to achieve it. Without that, we are rudderless ships being sucked into a vortex of oblivion. Without a mission, we cannot escape and navigate a course towards rewards and emotional prosperity. And once you have achieved that goal, do not hesitate. Set another goal and keep going.

Another significant factor in the blue funk is time. There is no instant fix. As storms pass, so does mental anguish. But you must gather the fortitude to navigate out of that storm and reach calm seas. From there you can achieve the goals you have set.

Struggling to think of goals that are both achievable and beneficial? Ask a friend or family member for ideas and if you have none then ask a guardian angel. Perhaps your goal can be material or social, it can be as simple or complicated as you like.

Once that goal is set, then start taking action, every single day, step by step, little by little, and you shall exit the maze of blue funk.

Are LED lights safe?

by **PAUL GREGORY**

Study claims that the lights are toxic to the eyes and body, causing cancer, and may not even save energy

RESEARCH from lightaware.org has suggested that LED lights – whether for indoors in private and public buildings, street lights, torch lights and vehicle headlights – are not safe.

The study claims that the lights are toxic to the eyes and body, causing cancer, and may not even save energy.

And motorists constantly viewing the LED headlights of oncoming traffic will suffer damaged eyesight, it is suggested.

The best strategy is to keep existing indoor lights and do not change them to LED. If LED indoor lights have to be used, opt for those that burn at 2700k or less, as these are less damaging to health. Outside, any LED light burning at above 3000k kills pollinators, such as moths.

There are available safe light bulbs made by Biolight. These light bulbs provide full spectrum white light similar to that from natural light.

Don't change light bulbs for the reason of saving electricity or production of carbon dioxide because of climate change. There is much evidence disproving this. In fact, there is fraud and deceit in every aspect of society.

The problem has been generated by the replacement of existing street lights with alleged low-energy LED lights under the false pretext that energy conservation can lower carbon dioxide levels and thus avoid 'Anthropogenic Climate Change', that few realise has never been proven.

The UK is among the countries singled out in this study for being most affected by the impacts of the transition to 5G/ LED street lighting at night, especially the risk of melatonin suppression which will damage sleep. 51 per cent of street lights in the UK were powered by LEDs in 2019.

LED streetlights may double cancer risk, according to new research. LED streetlights are NOT harmless and may not even use less energy than their predecessors.

These concerns are equally applicable to the indoor LED lights which have replaced the safe incandescent light bulbs, production of which the government and EU have now banned.

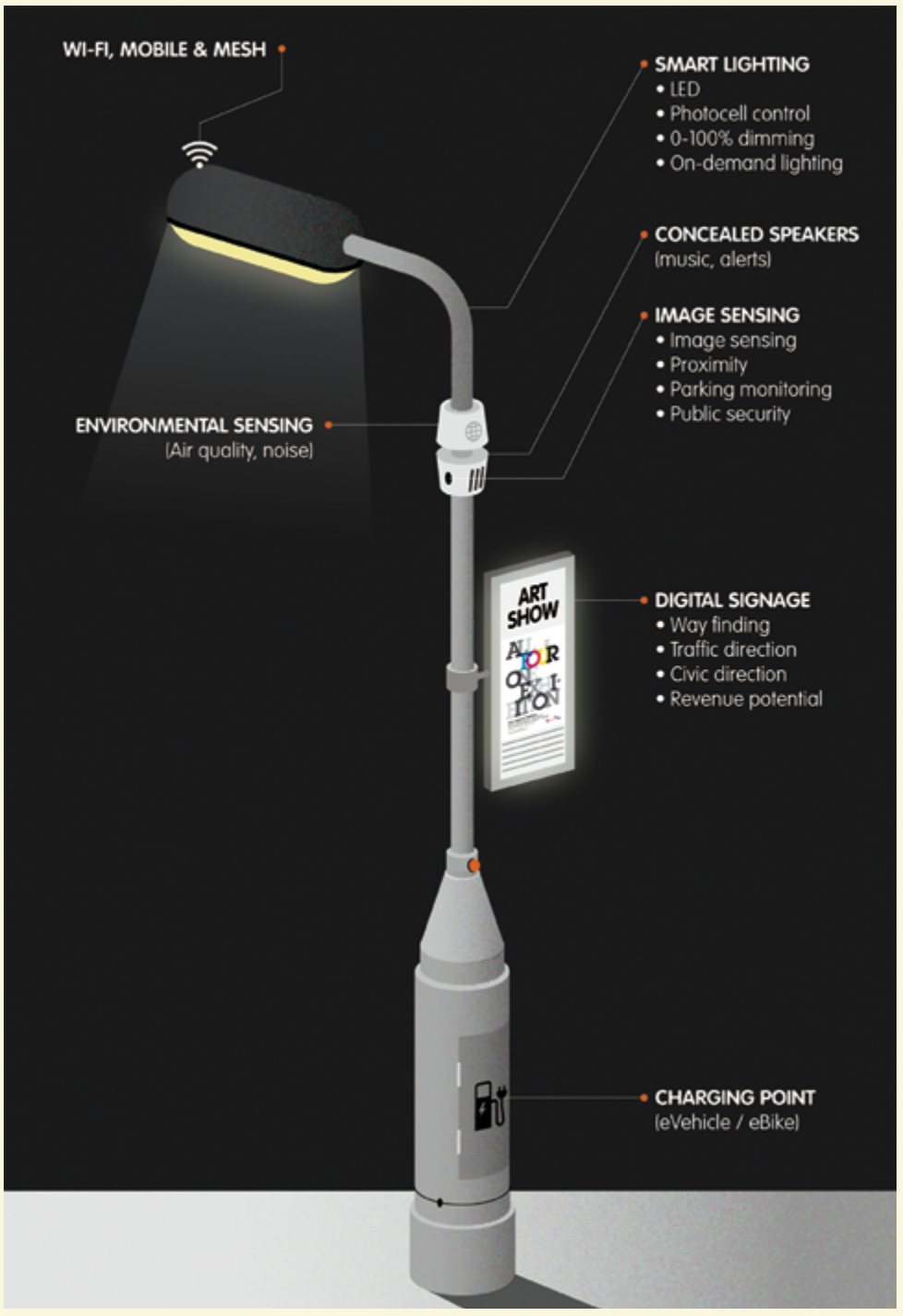
LED lights are toxic to the eyes, causing macular degeneration, visual fatigue, dry eyes, colour blindness, myopia, photoreceptor degeneration, and light-induced retinal degeneration (LIRD).

The worst lights are those that burn the whitest. Inhibition of melatonin – causing sleeping difficulties, depression, diabetes, hypertension, obesity and cancer – have all been linked to LED lights and especially the blue light aspects.

The yellow ones are thought to be less dangerous.

A friend has already realised that his macular degeneration may have resulted from having a house full of LED lights. He is not allowed to drive now.

The blue light emitted by streetlights, indoor LEDs, and commercial outdoor lighting such as advertising, is linked to a significant increase in the risk of breast and prostate cancer, the new research has concluded.



Surveillance coming to a street near you

Blue light is emitted by computer screens, phones, and tablets but these screens can be covered with a blue light blocking plastic film.

Even Public Health England (PHE - now renamed the UK Health Security Agency) has warned that the blue light emitted from these lights can cause retinal and eye damage.

Dr Robert Hanson believes that LEDs emit a 'killer light', whose short wavelength damages both mind and eyes. Many LED lights have tiny surveillance cameras fitted. Hanson visited the factory where the lights were made for the 2012 Olympics – every light had a camera fitted – but LED's main drawback is that their short wavelength can disrupt brain activity.

It is thought that all LED streetlights will have cameras fitted.

Some LED lights can also emit microwave radiation (MWR) and can be used for surveillance, like 5G.

Further developments, such as the weaponisation of LED lights, are described in other research papers.

Many are motivated to change perfectly serviceable and safe incandescent light bulbs to new LED lights in order to 'save the planet' by using allegedly more energy efficient bulbs to save energy.

But 1,100 eminent scientists have declared that there is NO climate emergency. These scientists have not been given a voice in the mainstream media of newspapers and TV news.

This fraud involving LED lights has been perpetrated in many fields and constitutes a war on humanity. For instance, MWR from 5G masts adds to that from all the other sources, such that even before the addition of 5G, we were being exposed to levels of electromagnetic radiation (EMR) orders of magnitude higher than the natural background level.

- ***Safe Light For All : www.lightaware.org***
- ***www.biolight.shop/en-gb***
- ***www.blockbluelight.co.uk***
- ***www.ocushield.com***
- ***The Stunning Statistical Fraud Behind The Global Warming Scare: https://tinyurl.com/5bunpkj3***
- ***Toxic LED Lights In The Office: https://tinyurl.com/3zdv5kbb***
- ***Biolights are safe: https://consciousspaces.com/***
- ***paulgregory34@hotmail.com*** home

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What's your GP saying about you?

by **PHIL BUTTON**

It's better and safer to opt out of the NHS records system

DO you remember the NHS IT Programme? Twenty or so years ago, it was one of the flagships of the Blair era – a single, modern IT system for the whole NHS.

But it never really happened, or rather, wasn't allowed to happen. I remember it well, I was part of the programme's delivery team for four years.

The plans sounded fine: the NHS should work like a bank, or a motor car business, or indeed almost any other industry in the modern world, which all have ONE set of records for its customers.

The problem with this was that the NHS is not a single business, unlike a bank. Furthermore, patients aren't customers. If anything, the 'customer' for the NHS is the government; patients are just widgets on a conveyor belt, being moved from one stage of a process to another.

The business model had a weak point: an assumption that GPs knew their patients. I don't think I've had a GP that knew me since I was about twelve. Even as I age and have more dealings with them, they don't seem to know me from Adam, for they have a few thousand other patients to worry about.

This is critical. Information that is shared among medical staff must be factual (not just a belief), correct and up to date.

GPs are now far too busy to check their records, and indeed often (in my experience) fail to pick out key information from consultant's letters that might be critical to the correct and safe treatment of a patient in hospital. In fact, a female patient recently turned up at Bridlington Hospital for a routine scan, only to be told she was dead. This rather significant error was almost certainly rooted in an incorrect summary care record.

I started looking into summary care records (SCRs) a few weeks ago, after an incident at a hospital where my partner had been an in-patient. She was in a ward for about a week and had not received the sort of care that our leaders seem to think 'our NHS' provides.

Nurses refused to help her to eat despite both her arms being in slings, saying, "You've got to learn," as if she were a disobedient six year old, and she was 'discharged' (or perhaps 'kicked out' would be a better way of putting it) from the ward early one morning to a 'discharge lounge', a cold, unpleasant room rather resembling the waiting room at Stevenage railway station, without breakfast and without being dressed.

Who has access to your medical files?

She has experienced similar incidents which, on reflection, are quite likely to also be attributable to poor interpretation of poor quality summary care record data. Staff reliance on this seems to be significant.

Once, as my partner was being admitted to A&E, I pointed out to the staff that she had a Medical Identity Card with details of her key conditions. "Oh, we don't look at that," a junior doctor told me. What that doctor didn't say, but I suspect to be the case, was that they rely hugely upon the SCR for key information – without checking its accuracy either with the patient or relatives.

This dependence upon often unreliable data, perhaps as much a symptom of societal malaise as it is of professional incompetence, could be the root cause of a huge number of, often undocumented, problems for patients in 'our NHS'.

And, of course, the cost of remedying errors and mistakes falls to the same institution, bankrolled by the taxpayer. We hear that outcomes in 'our NHS' are not what they ought to be. Might poor quality information in SCRs be part of the problem?

The SCR contains an awful lot of information on you, some highly subjective.

If this isn't scary enough, stop to think for a moment about what your SCR could be used for in future. Wouldn't some of the SCR data be quite useful to a regime that might want to single someone out. Heterosexual? Drug addict? Covid vaccine refusenik? What criteria might they choose, do you think?

As you have read, I have come to the view that NHS SCRs are already being used to prioritise, or deprioritise, patients in some clinical environments.

And, of course, it's used to record how many covid vaccinations people have had. The only logical step for any sane thinking individual is to opt out of the SCR system. There may be a case to opt-in for the 'medication, allergies and adverse reactions only' if you have worries about complex medication or allergy needs, but for many of us, we should opt out of it completely.

That way, should you be unfortunate enough to be taken to hospital in an emergency, the doctors will have to do some basic medicine, and diagnose you by means other than seeing what your GP, who doesn't know you at all, has said about you. Personally, I think that's a better position to be in.

Moreover, the more difficult it is for the government, or other busy-bodies, to find out things about you, the better.

- ***The form to opt-out of a SCR is at: https://tinyurl.com/bmtzd5zy***
- ***All you need to do is to fill it in and send it to your GP surgery.***

The invention of intersex

by **NIALL McCRAE**

Controversial sexologist a pioneer in transhumanism

Left: The latest version of the pride flag. Above: Magnus Hirschfeld

FEW people know the meaning of the symbol in the latest version of the rainbow flag, which flies triumphantly on public buildings.

In the previous change, pink, white and blue bands were added, representing transgender categories of boys, girls and anything between. On the left side of 'Progress Pride' there is now a purple circle on a yellow background.

The new kid on the block is intersex. Take the cross away from the symbol for female, or the arrow for male, and the circle is neutered.

This is the ultimate design of critical gender ideology: denial of the dichotomy of biological sex.

For years, we have been introduced to a myriad of genders, while people having either XX or XY chromosomes was incontestable truth.

However, a rare genetic anomaly is regarded by the LGBT lobby as evidence that sex, like the social construct of gender, is not the straightforward binary fact that we were taught.

The third category of sex was proposed a long time ago, by Magnus Hirschfeld. Born into an affluent Jewish family in Prussia in 1868, Hirschfeld embarked on a career in subversive sexology.

In his medical training, he disliked the prevailing concepts of sexual degeneracy, and he was profoundly influenced by the suicide of a homosexual soldier who had sought help from him.

In 1897, Hirschfeld founded the Scientific-Humanistic Committee to promote research on sexuality, and his Quarterly Review, published in Leipzig, presented studies of homosexual tendencies (featuring, for example, JL Pavia's research, *Masculine Homosexuality in London* in 1900).

In 1919, Hirschfeld established the Institute of Sexual Research in Berlin. This became the first transgender clinic in the world, performing the first sex-change surgery in 1930. The subject, Lili Elbe from Denmark, died of infection soon after the operations. This was in the heyday of permissive culture in the Weimar republic, when conservative critics perceived Berlin's cabaret scene as Sodom and Gomorrah.

Celebrated as an early advocate for decriminalising homosexuality, Hirschfeld is a strange hero for LGBT campaigners. While it is true that the Nazi regime ransacked his institute and removed his citizenship in 1934, it is understood that Hirschfeld approved of the racial ideology of the Third Reich; indeed, he was a Hitler Youth leader. A keen eugenicist, he urged voluntary sterilisation, and particularly castration of homosexual men.

Hirschfeld, who died of a stroke In 1935, is best known as the pioneer of transgenderism. His work was continued after the war by Alfred Kinsey, whose book, *Sexual Behavior in the Human Male*, caused uproar for claiming that a high proportion of men have homosexual desires.

Gender fluidity was developed in Kinsey's later book, *Sexual Behavior in the Human Female*, which included transsexuals in its scope. Men becoming women was given scientific credibility by Kinsey.

On Keir Starmer's celebratory first day in parliament after Labour's victory, party politics was relegated behind progressive accolades. The new prime minister praised the highest ever intake of LGBT members (apparently the highest in the world).

How such a high proportion benefits the wider public is not clear. Starmer also highlighted further advances in female representatives, but if gender ideology continues it will be unclear whether a politician is male, female or intersex. He has struggled to answer the question of whether a woman can have a penis.

Hirschfeld's concept of an intermediate sex has been institutionalised, as displayed by the latest Pride flag.

And this is taking us along the path of Aldous Huxley's *Brave New World*, creating an asexualised and sterile populace with redundant wombs. Transhumanism, here we come...

- ***The dark legacy of Magnus Hirschfeld: https://tinyurl.com/4ujw2683***

True pearls: Jazz poet Gil Scott-Heron (1949-2011)

by **RICHARD HOUSE**

The first revolution is when you change your mind

Jazz poet and author Gil Scott-Heron

WELL, the first thing I want to say is, 'Mandate, my ass!' Because it seems as though we've been convinced that 26 per cent of the registered voters – not even 26 per cent of the American people but 26 per cent of the registered voters – form a mandate, or a landslide.

The revolution that takes place in your head, nobody will ever see that... The first revolution is when you change your mind about how you look at things, and see there might be another way to look at it that you have not been shown.

The revolution will not be televised, will not be televised... The revolution will be no re-run, brothers. The revolution will be live.

Man is a complex being: he makes deserts bloom – and lakes die.

Are the people who are trying to find peace, who are trying to have the Constitution apply to everybody, are they really the radicals?

I enjoy being criticised personally, not by rumour.

A lot of the trouble in the world would disappear if we were talking to each other instead of about each other.

Your silence will not protect you.

I try not to let people who haven't really thought out what they're doing get in the way of what I feel I need to do.

The more people who speak out, and say things and take stands on positions that will better our community, the better off each and every other individual artist or otherwise, will be.

Paul Robeson once said that the artist has the responsibility to either help liberate the community or further oppress it... What I do is in that tradition, in that mode.

You have to learn and keep learning.

All those who need guidance will find it at the end of their own arm... Powerful ideas are just in your pocket.

If we do not change our direction, we are likely to end up where we are headed.

More than wanting my son and daughter to be educated, I wanted them to be nice people. To see that they have become both is just a wonderful thing.

Your audience take the songs in the way they want to rather than the way you might want them to.

If you're supposed to be doing something, the spirits will come and help you.

Music takes me back to who I really am... Words are important for the mind, but the notes are for the soul.

If you are looking, I want to make sure that there is something here for you to find.

Empower your mind anywhere, any time.

I am a prisoner of what I believe.

Work for peace, but don't compromise yourself.

I was always willing to pay whatever price I had to pay for freedom.

Freedom is the potential to spend one's time in any fashion one determines.

We can all be individualistic and independent and still play together.

The Light

LONDON. 10th June, 1937 — The Uncensored Truth - A Free Truthpaper — Summer Edition

The Hindenburg airship disaster

by John Hamer

- 17 photographers and five newsreel cameras
- Behind schedule due to bomb threats
- How could the explosion possibly occur?
- Major League baseball player Moe Berg confesses to causing the tragedy
- U.S. and German government cover-up

The famous photo of the Hindenburg exploding

22 photographers

For some strange reason, there were 22 photographers present at 7pm on May 6, 1937, to film the arrival of the German airship, the Hindenburg at Lakehurst, New Jersey. This seems quite excessive for an event which had already occurred twenty times in the previous year at the same field without incident, so why would this event require so many photographers, five of whom were newsreel photographers?

Bomb threat?

The Hindenburg was behind schedule by exactly 12 hours; it was scheduled to land at 7am. Both the captain and first officer admitted they were wary of a possible bomb attempt because of the current tensions with Germany and sabotage was a serious possibility. Yet it was strictly not to be mentioned by the press after the 'accident'.

Now, five weeks after the event, everyone knows what supposedly happened next, but not one of the photographers caught the actual 'spark' that allegedly led to the explosion. There was plenty of footage of a large fireball above the airship with a portion of the outer skin opened up, and there was footage of the poor souls trying to escape the burning wreckage, but no one caught the spark on film.

Strange that, with 22 photographers present – all of whom would be vying for a potential 'scoop' – nothing of that sort was recorded.

How could the explosion possibly occur?

The most serious problem with the accepted version of the Hindenburg 'explosion' scenario is the fact that hydrogen, by itself, separated from oxygen in a sealed gas cell (Hindenburg had 16 separate cells) does not burn.

Hydrogen and oxygen need to be combined stoichiometrically for this to happen, but there was only pure hydrogen in the Hindenburg. Even striking a match inside a hydrogen fuel cell would do nothing at all except immediately extinguish the flame as soon as the oxygen, in solid oxide form, contained within the match-head powder was exhausted.

If a static spark ignited Hindenburg, it would have started burning on the outside of the ship's skin where air containing oxygen could have mixed with the hydrogen escaping from a small leak. And even if there was a static electricity spark, as had never yet occurred in 30 years of successful operation, how would a flame requiring oxygen burn its way inside the gas cell where there is no oxygen? It is an impossibility.

Hindenburg had instruments that would have detected and transmitted the slightest changes in gas pressure to the bridge, so any sizeable leak would have caused a pressure-drop almost immediately and would have been detected, and the pilots would have then sought to correct the problem.

If a spark had then occurred, a small flame on the outside skin would have been visible, burning like the head of a small gas torch where the hole was. But there was no way that the flame could have entered the cell, and no way were there any signs of a bomb or explosion there.

Moe Berg confesses!

One of the rare sources of 'alternative' news and information is an irregular newsletter compiled and distributed by Hilaire du Berrier, who served in the U.S. intelligence services. Du Berrier maintained numerous international espionage contacts and ran his 'intelligence' newsletter out of Monaco.

According to Du Berrier, the man behind the Hindenburg disaster was Moe Berg - a major league baseball player, master of languages, and like Du Berrier, an undercover intelligence agent. Du Berrier's source was Berg's friend, Tim McAuliffe, a legend in the Boston sports equipment industry.

Moe Berg told McAuliffe over dinner: "We had to do something that would make that maniac (Hitler) attack us."

Horrified, all McAuliffe could think of to say was: "Moe, surely you didn't kill 35 people just for that?" But he was too upset to say any more and finished his meal in silence whilst Berg went on talking.

"I couldn't be there myself," he said, "I was scheduled for a game, but I did the planning and four of my men carried it out."

According to Berg, they used a rifle with a telescopic sight, although the sight was totally unnecessary with a target that big. When the airship approached, the men were hiding in the bushes at Lakehurst, and the first shot with an incendiary bullet set the after-end ablaze.

McAuliffe lay awake that night, looking at the ceiling and thinking about Berg's confession. He was too scared to tell his story to the FBI in case they charged him with being an accomplice. The more he thought about it, the more he realised it was not the work of a single man. There was teamwork involved for sure, but McAuliffe had no way of knowing how deep it ran.

He immediately began besieging editors and government officials with his story, but no one would listen to him. Then, when he offered to testify before a government committee, Secret Service men descended on his apartment, issuing threats. A man named Kent Tyler had seen the shots fired, but Tyler was also silenced by the government. Herb Morrison, who covered the disaster for NBC, never answered his letters.

U.S. and German governments cover-up

Du Berrier further reported that both Washington and Berlin wanted the affair dropped. Herman Goering in fact ordered German intelligence to compile a report, but suppressed its findings 'lest passions be aroused in Germany and around the world.' This action alone demonstrates that the Germans were not the bloodthirsty gang of cut-throats determined at any cost to drag the world kicking and screaming headlong into another conflagration as they are always, constantly portrayed by the compliant media.

Du Berrier was certainly not a man to invent things and McAuliffe, a well-respected sports equipment dealer, was not a 'political' person and would have had no reason to invent the story about his friend Berg. It is just too much of a coincidence to suggest that the Hindenburg simply exploded, from the accepted explanation of static electricity just as she was docking, when no such discharge had ever occurred during the course of her many other trips.

An incendiary bullet, fired under the cover of darkness, would have been the perfect tool to set the airship ablaze. And so it proved.

- **John Hamer Official Bitchute channel: https://tinyurl.com/mrxbyewj**
- **https://falsificationofhistory.co.uk**

Letters to The LIGHT

Love us or hate us, we are helping raise the level of debate in this country and across the world, so we welcome views from all perspectives, because the enemies of free thought and free speech are censorship and group-think. We are all individuals – let's have your thoughts! ***Please email: letters@thelightpaper.co.uk***

Dear The Light

Thank you for your article, *Step towards legalising assisted suicide* by Paul Bennett, Issue 46.

Doctors intervene in all life's stages – performing heart transplants and creating IVF babies – so why can't they use their skills to bring about a peaceful death at life's end, if this is the patient's wish?

Polls indicate that some 84 per cent of the public are in favour of this. Increasing numbers of countries now allow assisted dying, including parts of Europe, USA, Australia, and Canada. Many of us would enjoy our lives more if we didn't have the concern that we may one day suffer a long drawn-out, painful and undignified death. Early Victorians thought pain relief in childbirth was a sin – until Queen Victoria requested it for her births!

Most of us don't want our loved ones to see us suffering at life's end, as we want to leave them with happier memories of us.

Ann Wills

Dear The Light

I am disgusted, though not surprised, that there has been no mention in the MSM of the fact that there is a Kennedy running for the White House.

Given the amount of coverage the two other deplorable candidates get, how appalling we don't hear one word about Bobby Kennedy. Do you have anyone who could inform our public that it is not a two horse race in the U.S?

Margaret Nicholls

Dear The Light

I have enjoyed your publication since its inception. Happily handing out extra copies to friends.

However, that stopped when you began to have an obvious bias against Israel, this being a deal-breaker for me. I whole-heartedly agree with T Smith's letter in Issue 47.

I also take exception to your reply to the letter by Jon Paget. God actually made an everlasting covenant with Israel.

Your take on scripture seems to come from a non-Christian perspective, so it is understandable.

But it does make it difficult for Christians to endorse what you write, to the point where we cannot pass on copies to others any more.

Sadly, even some Christians subscribe to the erroneous Replacement Theology.

'And I will be found by you, says the Lord, and I will return your captivity and gather you from all the nations and from all the places where I have driven you, says the Lord, and I will return you to the place from which I exiled you.'

I do hope that this can be balanced with an article written from a pro-Israel view?

Eleanor Pomagalski

Dear The Light

I want to make people aware of what could be the final hurdle in the deception we face: the Mainstream 'Alternative' Media (MAM).

I don't want to point fingers, but these outlets, which many trust for independent perspectives, are now supporting an agenda that threatens our freedom.

They are often characterised by their devotion to Elon Musk, portraying him as a maverick and champion of free speech, especially after his purchase of Twitter. However, his promise to make Twitter uncensored was temporary. Censorship is tightening again, exactly as intended.

Musk is instrumental in the rollout of technologies designed to lead to unprecedented control over our lives: self-driving cars that can detain and deliver us straight to authorities for alleged hate speech; microchips implanted in our brains for direct control of our thoughts and feelings; and AI systems capable of overseeing the whole operation.

Elon Musk

These innovations align precisely with the New World Order agenda to impose total control. We are being distracted while these technologies are developed and implemented, with Musk blatantly fronting all of it.

If we don't call out this phenomenon of the Mainstream 'Alternative' Media, we are walking headfirst into the future we have been trying to resist, where our freedoms are completely obliterated.

Once people see through this ruse, we can fight for a media landscape that truly serves the public interest, one that is unafraid to challenge anything and everything.

Your help is greatly appreciated.

Dave Wright

Dear The Light

first Zionist conference in 1897, an aspiration was expressed to establish a homeland for the Jews.

As Jewish migration continued, land was bought and Jewish settlements established. In time, conflict arose between the new arrivals and the Arabs, which eventually culminated in the expulsion of a quarter of a million Arabs in the establishment of modern Israel in 1948.

At one time, 99 per cent of Palestine's population was non-Jewish, as was the ownership of land and property. The Jewish population had effectively abandoned Palestine after the destruction of the Temple in 70 AD and what became the Jewish diaspora.

It is therefore historically incorrect to state that the Jewish presence had been continuous in Palestine since biblical times, except for a small number. Modern Israel is a modern phenomenon which has little connection with its biblical past, but came into being by displacing a previous population.

However, this is not to condone violence inflicted on the Jewish population, any more than justifying the acts of aggression perpetrated by the state of Israel on Palestinian civilians.

Alec Suchi

Dear The Light

With reference to the letter by T Smith (Issue 47), it had been estimated that the Jewish population in Palestine was only 4,200 in 1806 and through migration from Europe had increased to 26,000 by 1882. Jews were to continue arriving from Eastern Europe and the Russian Empire. Following the

Dear The Light

Two words were missing from Niall McCrae's article in Issue 47. Granted, he finishes by quoting an extract from Morrissey's *Lazy Sunbathers*. But when writing, 'We have no active musical resistance today...' he should have added: 'except Morrissey'.

Morrissey has been 'cancelled' for years because of what he writes, but he continues and gets stronger in the face of it. His fans love him. Readers should check out records such as *World Peace is None of Your Business*, or *Spent the Day in Bed* recently covered by Dana Gillespie.

In the 1990s, there was a smear campaign by the NME which ultimately backfired. More recently, Morrissey's record label refused to press his album, or release it back to him, because of the title track highlighting the Islamist Manchester bombings.

But Morrissey continues to have a massive following, particularly in South America and Asia. He packs out concert halls across the world, his records sell massively, and during the scamdemic he refused to make his audience wear masks.

Morrissey does not use social media. But his output can be followed at Morrissey Central.

Dr Andrew Rollinson

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ONE JOURNEY DESCRIBING SEVERAL UNIMAGINABLE BATTLES IN A GLOBAL WAR

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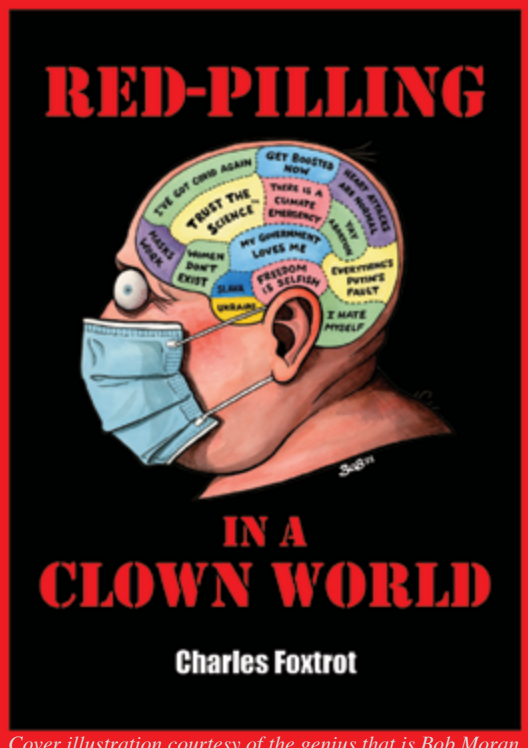

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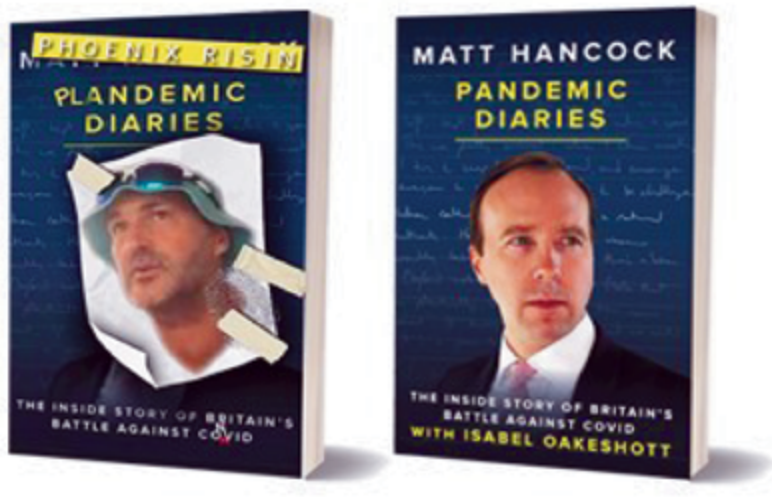

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